**MMHS Website – helpful resources**

National Charities

* Tommys [Together, for every baby - Charity for Babies | Tommy's (tommys.org)](https://www.tommys.org/)
* Miscarriage association [The Miscarriage Association: Pregnancy loss information and support](https://www.miscarriageassociation.org.uk/)
* Bliss [For babies born premature or sick | Bliss](https://www.bliss.org.uk/)
* Samaritans [Samaritans | Every life lost to suicide is a tragedy | Here to listen](https://www.samaritans.org/)
* Cruse [Home - Cruse Bereavement Support](https://www.cruse.org.uk/)
* Lullaby Trust [Bereavement support after the death of a baby or child - The Lullaby Trust](https://www.lullabytrust.org.uk/bereavement-support/)
* Aching Arms[Aching Arms – the charity bringing comfort after baby loss](https://www.achingarms.co.uk/)
* Twins Trust[Bereavement Support Service (twinstrust.org)](https://twinstrust.org/bereavement.html)
* The Ectopic Pregnancy Trust [The Ectopic Pregnancy Trust - Support For You And Your Loved Ones](https://ectopic.org.uk/)
* Birth Trauma Network [Make Birth Better](https://www.makebirthbetter.org/)
* Birth Trauma Association [Home - Birth Trauma Association](https://www.birthtraumaassociation.org.uk/)
* Relate [Relate | The relationship people](https://www.relate.org.uk/)
* Maternal Mental Health Alliance [Maternal Mental Health Alliance | Awareness Education Action](https://maternalmentalhealthalliance.org/)
* Antenatal Results and Choices [Antenatal Results and Choices (ARC) | Support for Parents and Professionals (arc-uk.org)](https://www.arc-uk.org/)
* Fertility Friends [Fertility Friends Support Forum](https://www.fertilityfriends.co.uk/)
* Fertility Network UK [Fertility Network (fertilitynetworkuk.org)](https://fertilitynetworkuk.org/)
* Human Fertilisation & Embryology Authority [Coping if treatment doesn't work | HFEA](https://www.hfea.gov.uk/treatments/explore-all-treatments/coping-if-treatment-doesnt-work/)
* 4louis.co.uk (includes Ibrahims gift for Muslim parents)
* [Vishaal Foundation | In Memory of little angels](https://vishaalfoundation.org/)
* [Willow's Rainbow Box (willowsrainbowbox.co.uk)](https://willowsrainbowbox.co.uk/) (south Asian parents)
* https://www.facebook.com/Rahamproject/
* [Home | Cradle Charity](https://cradlecharity.org/)
* <https://www.beyondbea.co.uk/>
* <https://www.childbereavementuk.org/>
* <https://www.tcf.org.uk/> the compassionate friends, volunteer bereaved parents
* <https://www.martinhouse.org.uk/>
* <https://www.lullabytrust.org.uk/bereavement-support/>
* <https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>
* <https://mbss.org.uk/> Muslim bereavement support service
* <https://www.childrenofjannah.com/> Muslim baby loss charity
* <https://babyloss-awareness.org/organisations/>
* <https://www.kickscount.org.uk/Pages/Category/baby-loss>

Local Services & Charities

* Mind [http://www.mindhey.co.uk](http://www.mindhey.co.uk/)
	+ [Home - North East Lincolnshire Mind (nelmind.org.uk)](https://nelmind.org.uk/)
	+ [SD Mind - Scunthorpe and District Mind (scunthorpemind.org)](http://www.scunthorpemind.org/)
	+ [York Mind - Home](https://www.yorkmind.org.uk/)
* Sands [Sands | Stillbirth and neonatal death charity](https://www.sands.org.uk/)
	+ <https://hull.sands.org.uk/>
	+ <https://yorksands.wordpress.com/>
* House of Light (Hull/ER) [Home | House of Light (pndsupport.co.uk)](https://pndsupport.co.uk/)
* Reflect (VoY/NY) [Reflect: Pregnancy Choice & Loss Support (reflectyork.co.uk)](https://reflectyork.co.uk/)
* Birth Afterthoughts Service (NL, NEL, Hull & ER)
* East Riding Maternity Voices Partnership [Maternity Voices Partnership — East Riding of Yorkshire Clinical Commissioning Group (eastridingofyorkshireccg.nhs.uk)](https://www.eastridingofyorkshireccg.nhs.uk/get-involved/mvp/)
* North and North East Lincolnshire Maternity Voices Partnership [North & North East Lincs | Maternity Voices HCV](https://www.maternityvoiceshcv.org.uk/northnortheastlincs)
* Hull Maternity Voices Partnership [Maternity Voices Partnership – Hull CCG](https://www.hullccg.nhs.uk/have-your-say/maternity-voices-partnership/)
* HANA (Humber All Nations Alliance) Hull [Humber all Nations Alliance (hanaonline.co.uk)](https://hanaonline.co.uk/)
* St Andrews Hospice bereavement support (North East Lincs) [Bereavement support in Grimsby St Andrews Hospice](https://www.standrewshospice.com/how_we_can_help/bereavement-support/)
* Lindsey Lodge bereavement support (North Lincs) [www.lindseylodgehospice.org.uk](https://www.lindseylodgehospice.org.uk/patients-families/counselling%2C-bereavement-support-and-family-suppor/)
* Chasing Rainbows Facebook Group (Hull&ER)
* Pause (Hull) [Pause – Creating Space for Change | Preventing the damaging consequences of children being taken into care.](https://www.pause.org.uk/)
* Safer Families (NEL) [Support. Hope. Belonging. - Safe Families](https://safefamilies.uk/)
* <https://open-doors.org.uk/> welcoming and helping destitute asylum seekers, refugees and migrant workers in Hull
* [The Rainbow Centre - Compassion, Support, Hope!](http://therainbowcentre.org/) Support for people who are homeless, vulnerable or in crisis
* York Travellers trust <https://ytt.org.uk> giving support advice and advocacy to gypsy/ travellers communities in and around York
* Refugee action York <https://www.refugeeactionyork.org>
* [Home - Sunflowers in York](https://sunflowersinyork.org/) helps Ukrainian refugees to settle in York
* <https://www.migranthelpuk.org/regional-services-yorkshire-and-humber?fbclid=IwAR181cSxc-FqyrHmsO2AmW75DEtwQm2YNIUviIqdJywT6szGJQ7Ti74-KAs> Migrant help Yorkshire and Humber
* Grimsby St Andrews Hospice Bereavement Support <https://www.standrewshospice.com/how_we_can_help/bereavement-support/>
* Scunthorpe Bereavement Support Groups – Helping Children Grow Through Bereavement <https://www.jensspecialplace.co.uk/>

IAPT

* Let’s talk (Hull) [Home - Let's Talk - Hull Depression & Anxiety Services (letstalkhull.co.uk)](https://www.letstalkhull.co.uk/)
* Emotional Wellbeing service (ER) [East Riding Emotional Wellbeing Service, NHS Talking Therapies (humberews.co.uk)](https://humberews.co.uk/)
* Talking shop (NL) [IAPT – Improving Access to Psychological Therapies (rdash.nhs.uk)](https://iapt.rdash.nhs.uk/)
* Open Minds (NEL) [Open Minds :: NAViGO (navigocare.co.uk)](https://navigocare.co.uk/what-we-do/services-z/open-minds)
* York & Selby IAPT (VoY) [Home - York and Selby IAPT](https://yorkandselbyiapt.co.uk/)
* North Yorkshire IAPT (NY) [Home - North Yorkshire IAPT](https://northyorkshireiapt.co.uk/)

Crisis

* Mental Health Crisis Intervention Team 01482 216624 (Hull/ER) [Mental Health Triage and Assessment Team (humber.nhs.uk)](https://www.humber.nhs.uk/Services/mental-health-triage-and-assessment-team.htm)
* Adult MH service access Team 01724 382 015 (NL) [North Lincolnshire Access Team – RDaSH NHS Foundation Trust](https://www.rdash.nhs.uk/services/our-services/adult-mental-health-services/adult-community-mental-health-services/north-lincolnshire-access-team/)
* MH Single Point of Access 01472 256 256 option 3 (NEL) [Rapid response line for health and social care • NHS North East Lincolnshire CCG](https://www.northeastlincolnshireccg.nhs.uk/choosewell/rapid-response-line-for-health-and-social-care/)
* Local TEWV MH crisis service 0800 0516171 (NY&Y) [What to do in a mental health crisis - information for adults and older people - Tees Esk and Wear Valley NHS Foundation Trust (tewv.nhs.uk)](https://www.tewv.nhs.uk/services/crisis-advice/)
* North Yorkshire mental health crisis support 0800 0516171 (NY) [Mental health support in North Yorkshire | North Yorkshire County Council](https://www.northyorks.gov.uk/mental-health-support-north-yorkshire)

Books/Blogs

* The worst girl gang ever [The Worst Girl Gang Ever | Miscarriage & Baby Loss](https://www.theworstgirlgangever.co.uk/)
* [Trans and Nonbinary People Can Be Pregnant Too (parents.com)](https://www.parents.com/pregnancy/my-body/pregnancy-health/trans-and-nonbinary-people-can-be-pregnant-too/)
* What God Is Honored Here? Writings on Miscarriage and Infant Loss by and for Native Women and Women of Color
* Unexpecting: Real Talk on Pregnancy Loss : Rachel Lewis
* We Had To Say Goodbye Before We Even Met: A book for children who have lost a sibling through pregnancy or early baby loss : Irene Teague
* <https://www.miscarriageassociation.org.uk/information/other-resources/books/> lots of books about all the different experiences of pregnancy loss
* Beyond Childlessness : for every woman who ever wanted to have a child and didn’t: Rachel Black
* <https://blogs.exeter.ac.uk/thepregnancytest/2020/07/16/anna-starobinets-look-at-him/> book about Russian woman’s experience of fetal abnormality and the search for compassionate care
* <https://www.kickscount.org.uk/shop/i-will-always-remember-our-baby-book> Join Jack as he tries to make sense of the difficult circumstances surrounding the loss of his baby sister.
* <https://www.amazon.com/Water-Bugs-Dragonflies-Explaining-Children/dp/0829818308> Water Bugs and Dragonflies: Explaining Death to Young Children, A Colouring Book
* <https://terminationsremembered.com/childrens-grief-book-these-precious-little-people/> Terminations Remembered
* <https://www.goodreads.com/en/book/show/62245.Gentle_Willow> Gentle Willow A Story for Children About Dying
* <https://shop.winstonswish.org/products/muddles-puddles-and-sunshine> Your activity book to hep when someone has died

BME Mental Health Resources

[www.blam.uk.org](http://www.blam.uk.org) Black learning, achievement and mental health

<https://www.baatn.org.uk/> Black African and Asian therapy network

<https://www.mwnuk.co.uk/> Muslim women’s network

<https://jamiuk.org/> Jewish association for mental health

<https://hopebereavementsupport.com/> leeds based

other useful resources

<https://sparkandco.co.uk/resources/health-wellbeing/mental-health>

<https://www.stonewall.org.uk/about-us/news/lgbtq-inclusive-organisations-you-should-know-about>

<https://hub.datanorthyorkshire.org/dataset/acf3a1c4-4edd-49f3-ba8f-f8bf02d5e7d9/resource/1ed81d27-402e-4af7-9a79-acad83d25da7/download/bme-research-report-sept-2016.pdf?fbclid=IwAR13t-3yLnGgqM2PUbBTM5MMzfDpgr1XNbTDpIyX3968jQImAok0Djn7g4g>

<https://www.leedsgate.co.uk/?fbclid=IwAR039MzCok3xarbS6EutIJrrSOgBKVqibFPN7xWW6MDWLK_AX5RBVQEs7wE>

<https://www.refugeecouncil.org.uk/get-support/services/new-roots-leeds/>

<https://touchstonesupport.org.uk/clinical-services/blossom-clinic-for-non-pregnant-survivors-of-fgm/>

<https://www.blackhealthinitiative.org/womens-health-and-wellbeing>

<https://embryo.asu.edu/pages/mizuko-kuyo> Buddhist ceremony for pregnancy loss or abortion

<https://shivology.com/articles/shradh-or-pitra-paksha/puja-for-pitra-dosh-shanti/146> hindu beliefs around miscarriage and vedic astrology

<https://wol.jw.org/en/wol/d/r1/lp-e/102002208> jehovahs witness story of baby loss

<https://www.blueriverpsychology.com/post/stillbirth-and-baby-loss-the-taboo-subject-in-south-asian-culture>

<https://www.hkjgom.org/sites/default/files/pdf/v21n1-23-views.pdf>

<https://blogs.exeter.ac.uk/thepregnancytest/blog-posts/>