

# Pregnant and need some support?

Many women experience mixed emotions when finding out they are pregnant. Some may feel excited and overjoyed, some may be anxious and worried or not feeling the way they expected.

Whatever the situation, it is important to talk about your feelings and get the support you need. Here are some support services and information you may find helpful:



## What support is available?

There are many factors which can have an impact on your pregnancy and making the right decisions for you. If you have any questions or concerns or simply need someone to talk to, there is lots of support available.

### Counselling and therapy:

**Wigan Family Welfare** offer person centred 1-2-1 therapy, for women who are pregnant, up until their baby is one year old.

**Telephone No:** 01942 867888, Email:

[admin@wiganfamilywelfare.co.uk](mailto:admin@wiganfamilywelfare.co.uk)

**Website:** <https://www.familywelfare.co.uk>

**Wigan Building Attachments and Bonds Support (BABS)** offer essential support to parents and carers who are having difficulty bonding with their baby or toddler.

**Telephone:** 01942 764448

**Website:** <https://www.gmmh.nhs.uk/building-attachments-and-bonds-support/>

**Empathy Northwest** offer individual counselling sessions, family therapy or group sessions to help deal with and overcome issues, providing a safe space to talk.

**Telephone:** 0303 303 1333

**Beacon Counselling Trust** is a Northwest wide counselling charity, which employs fully qualified counsellors working with people with mild to moderate mental health issues.

**Telephone:** 0151 226 0696

**Website:** <https://beaconcounsellingtrust.co.uk>

### Unplanned pregnancy:

**Spectrum Sexual Health Clinic** can provide advice on unplanned pregnancy and other sexual health issues.

**Telephone:** 01942 483188

**Website:** <https://spectrumhealth.org.uk>

**National Unplanned Pregnancy Advisory Service (NUPAS)** provide a safe and trusted service to ensure informed choices around pregnancy, contraception and sexual health can be made.

**Telephone:** 0333 004 6666

**Website:** <https://www.nupas.co.uk/>

### Health and Wellbeing:

**Start Well Family Centres** provide support and activities to help parents, carers and childcare providers give children under five the best start in life. Find out more about your local centre at:

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Childrens-Centres/Start-Well-Centres.aspx>

**Healthy Routes** can work with you to reduce your weekly alcohol intake and offer confidential information and support.

**Telephone:** 01942 489012 or **text:** HUB to 61825

**We Are With You** are a drug and alcohol service in Wigan and Leigh who can help if you or a family member are struggling with drug or alcohol problems.

**Telephone:** 01942 487578

**Website:** <https://www.wearewithyou.org.uk/services/wigan-leigh-wigan/>

**Lose Weight Feel Great** have a maternity pathway that focuses on healthy eating and wellbeing rather than weight loss.

**Telephone:** 01942 496496

**Website:** <https://www.wigan.gov.uk/BeWell/Active-health/Weight-management/Index.aspx>

**The Specialist Perinatal CMHT** supports women who experience high-risk mental health problems during and after pregnancy and for their infant up to the age of 1 year.

**Website:** <https://www.gmmh.nhs.uk/perinatal-community>

**Mental Health Urgent Response Team** can support you if you are having extreme thoughts and feelings or you're considering taking your own life. **Contact the Assessment Team on** 01942 636395, open 24 hours a day, 365 days a year.

## Other support organisations:

**Wigan Council** have links to different organisations across the borough who can provide help and advice on various issues to help those in need of support.

**Website:** <https://www.wigan.gov.uk/index.aspx>

**Wigan Borough Citizens Advice** provides free, confidential and independent advice to help people overcome issues with money, work, housing and consumer rights.

**Telephone:** Tel: 0808 2787 801

**The Brick** offers support and advice to people who are homeless or at risk of becoming homeless

**Telephone:** 01942 236953

**The Salvation Army** provide practical help for people who are vulnerable and in need of help.

**Telephone:** 01942 826461

**Dad Matters** is an organisation that aims to help dads have the best possible relationship with their children and families.

**Telephone:** 0161 344 0669

**Website:** <https://www.dadmatters.org.uk>

**Adoption Network** Provide caring professional adoption services for birth mothers and adoptive parents nationwide.

**Website:** <https://adoptionnetwork.com/>

**Samaritans of Wigan** provide confidential, non-judgemental support 24 hours a day for people who are experiencing feelings of distress or despair.

**Telephone:** 0330 094 5717

**Website:**

<https://www.samaritans.org/branches/wigan/>

**Embrace Wigan and Leigh** offer free, impartial information, advice and support to families of children and young people 0-25yrs who have Special Educational Needs or Disabilities (SEND).

**Telephone:** 01942 233323

**Website:** <https://www.embracewiganandleigh.org.uk>

**Wigan Borough Faith Network** help build good relations between people of different faiths in the UK.

**Website:** <http://www.interfaith.org.uk/involved/contact/wigan-borough-faith-network>

**Home-Start** provide support to families with young children who may be experiencing isolation, suffering from poor mental health, be living in poverty, be experiencing domestic abuse, be coping with the physical demands of multiple births or may have no family support network nearby.

**Telephone No:** 0161 865 4222

**Website:** <http://www.home-start.org.uk>

## Who can I contact to discuss my pregnancy?

Contact your GP or a midwife as soon as you find out you are pregnant. It is important to make an appointment as early as you can to get the care you need to have a healthy pregnancy.

You can visit <https://www.wvl.nhs.uk/maternity> to self-refer to Wigan Maternity Services.

**Wigan Maternity Triage Contact Number:** 01942 778628

Your pregnancy can be treated confidentially, and a GP or midwife can advise you about the maternity care available to you.



## What care can I expect during my pregnancy?

Wrightington, Wigan and Leigh NHS Foundation Trust are dedicated to providing the highest standard of healthcare for the local population. The maternity department is committed to placing women and families at the heart of what they do, and in the provision of safe, effective and personalised maternity care, their aim is to provide a welcoming, friendly reassuring and safe service for women and their families.

You can find out more about what happens and things to consider when you are pregnant at [www.nhs.uk/pregnancy/finding-out](http://www.nhs.uk/pregnancy/finding-out)

You can access pregnancy related patient information leaflets at [www.rcog.org.uk](http://www.rcog.org.uk)

### Maternity Voices Partnership

Would you like to be involved in providing feedback and improving maternity services in Wigan?

If so, we have a Maternity Voices Partnership, a group of parents and staff who come together to discuss maternity care in the borough. The group meet informally every couple of months and your little ones are always welcome.

Email our Chair: [Nicola.Ashurst@wiganboroughCCG.nhs.uk](mailto:Nicola.Ashurst@wiganboroughCCG.nhs.uk), to let us know you want to join!