

Breastfeeding Support

Breastfeeding Support Groups

Support and advice for expectant and breastmilk feeding families. Speak to your nearest children's centre for more information

E: bristolbreastfeeding@bristol.gov.uk

W: www.bristol.gov.uk/social-care-health/breastfeeding-in-bristol

Breastfeeding Network Supporter line in Bengali and Sylheti

T: 0300 456 2421

Lines are open 9.30am to 9.30pm, 7 days a week. If a volunteer is not available to take your call, leave a message and someone will get back to you

La Leche League

National helpline, local support groups and 1:1 advice on breastfeeding

T: 0345 120 2918 (National)

E: llgb.bristol@gmail.com

W: lllbristol.org.uk



Community Access Support Service (CASS) works with community, faith and equality groups in Bristol to improve access to mental health and emotional wellbeing support.

www.cassbristol.org

0117 304 1400

info@cassbristol.org



CASS is managed by the Healthy Living Consortium



Please contact organisations to check times of meetings and groups.

All information correct as of June 2022

Emotional Wellbeing for Parents and Carers of Young Families



Support, advice and information in Bristol



Local Support

BlueBell

Supporting parents' mental health during pregnancy and within the first two years after birth through services including drop ins, 1:1 counselling and support groups

T: 0117 922 0746

E: hello@bluebellcare.org

W: bluebellcare.org

Dads In Mind

Group and 1:1 support for dads struggling with their mental health during pregnancy and during early fatherhood

T: 0117 922 0746

E: adrian@dadsinmind.org

W: www.dadsinmind.org

Mothers for Mothers

Support for mothers with depression, anxiety or isolation during pregnancy or after the birth of a baby

T: 0117 9359366

E: support@mothersformothers.co.uk

W: mothersformothers.co.uk

Homestart

Support and home visit service for families with children under 5

T: 0117 9501170

E: admin@homestartbristol.org.uk

W: homestartbristol.org.uk

Bristol Parent Carer Forum

Support for people supporting young people with additional needs

T: 0117 922 0746

E: adrian@dadsinmind.org

W: www.bristolparentcarers.org.uk

Carers Support Centre

A charity which provides support, information and advice to carers living in Bristol

T: 0117 965 2200

E: advice@ageukbristol.org.uk

W: www.carerssupportcentre.org.uk

Kinship

Support for carers raising children when parents cannot

T: 03300 167 235

E: advice@kinship.org.uk

W: kinship.org.uk

SEND and You

Support for parents and carers of children with special educational needs

T: 0117 9897725

E: support@sendandyou.org.uk

W: www.sendandyou.org.uk/how-we-help/areas-covered/bristol-services

Children's Centres

Children's centres offer a range of free services including support and childcare. Find your local centre online or contact the following:

South Bristol: 07920416161

East Bristol: 0117 3532899

Central Bristol: 0117 903 0337

North Bristol: 0117 3772685

Crisis Support

Samaritans 24/7

116 123

AWP Mental Health Crisis Line

0800 953 1919