



MyWellbeing IAPT

Talking therapies for a range of mental health concerns

☎ 0300 555 5551

✉ MW-IAPTadmin@bdct.nhs.uk

🌐 bmywellbeingiapt.nhs.uk



perinatal support service

Peer support for mums with anxiety / low mood in pregnancy & postnatally

☎ 01274 505034 / 07966 926849

✉ perinatalsupport@family-action.org.uk

🌐 betterstartbradford.org.uk



Outreach mental health support during the perinatal period & group wellbeing walks

☎ 07919967116 / 07435923166

✉ myplan@touchstonesupport.org.uk

🌐 touchstonesupport.org.uk



Culturally adapted mental health support for South Asian women

☎ 01535 609927

✉ info@roshnighar.org.uk

🌐 roshnighar.org.uk



Practical & emotional support before, during and after birth

☎ 01274 223233

✉ info@bradforddoulas.org.uk

🌐 betterstartbradford.org.uk

Support Services

For mental health through pregnancy, birth & beyond in Bradford District and Craven*

*Contact individual organisations for information on which areas are covered



BETTER births



Practical support for families experiencing difficulties

☎ 01274 666711

✉ hsbd@homestartbradford.co.uk

🌐 homestartbradford.co.uk

HEY MAMA

Maternal mental health peer support groups in Shipley & Thornbury

☎ 07756711020

✉ trish@heymama.org.uk

🌐 heymama.org.uk



Specialist support for substance misuse during pregnancy

☎ 01535 610180

✉ info@project6.org.uk

🌐 project6.org.uk

Little Minds Matter & SEADs

(Specialist Early Attachment & Development Service)



Specialist support for Infant Mental Health, bonding, attachment & trauma

☎ 01274 251298 / 07766 568407

✉ littlemindsmatter@bdct.nhs.uk

🌐 betterstartbradford.org.uk



Specialist support for parents experiencing drug / alcohol abuse and sex workers

☎ 01274 745636

✉ info@thebridgeproject.org.uk

🌐 thebridgeproject.org.uk