

Helplines Information Sheet



Organisations that offer support on some of the issues raised in this questionnaire:

Wellbeing of Women

Provides information on all aspects of women's gynaecological and reproductive health

Link to general information <https://www.wellbeingofwomen.org.uk/health-information/>

Link to support services and further helplines: <https://www.wellbeingofwomen.org.uk/what-we-do/campaigns/just-a-period/periods-information-hub/helplines-and-support-services/>

Menstrual Health

More information on menstrual health generally is provided on the Cycle Track website:

<https://cycle-track-study.com/menstrual-facts>

Petals Charity

The baby loss counselling charity. Providing specialist counselling after baby loss

Link to general information: <https://www.petalscharity.org/>

Tommy's Charity

Pregnancy and baby charity which offers information and support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons.

Link to general information: <https://www.tommys.org/>

Link to support services and further helplines: <https://www.tommys.org/baby-loss-support>

Fertility Network UK

Fertility Network UK is a patient-focused fertility charity offering practical and emotional advice, support services, information and access to a community of people affected by fertility problems.

Link to general information: <https://fertilitynetworkuk.org/>

Link to support services and further helplines: <https://fertilitynetworkuk.org/access-support/support-line/>

Your Local GP

Born in Bradford always recommend that you speak to your GP (doctor) if you have any concerns about your physical or mental health: <https://www.nhs.uk/service-search/find-a-gp>