

## Support for parents during Coronavirus (COVID-19)

### **Cocoon Family Support:**

London parents and parents to be who are struggling with their mental health.

[www.cocoonfamilysupport.org](http://www.cocoonfamilysupport.org)

### **Volunteer Listening Service:**

Supported by the Maternity Voices Partnership. For women who have just given birth at the Whittington. A listening ear to reflect on your experience and signpost to other services if needed. This service does not replace medical advice.

Email: [victoriaklemmon@gmail.com](mailto:victoriaklemmon@gmail.com)

Please include your name and phone number for a call back.

### **Home-Start Camden and Islington:**

Pregnant or new mums who are vulnerable or finding it hard to cope. One-to-one support over the phone.

[www.homestartcamdenandislington.org.uk](http://www.homestartcamdenandislington.org.uk)

### **Choices Islington:**

A non-judgemental safe space for pregnant women considering their options. Or for pregnant women or parents with children under two they offer befriending support. This service can also be used for anyone needing clothes for their baby or child.

[www.choicesislington.org](http://www.choicesislington.org)

### **Haringey Breastfeeding Network:**

Any Haringey parents who would like support with infant feeding with a trained breastfeeding peer supporter.

[www.breastfeedingnetwork.org.uk/haringey-peer-support-project](http://www.breastfeedingnetwork.org.uk/haringey-peer-support-project)

Email: [Haringeysupport@breastfeedingnetwork.org.uk](mailto:Haringeysupport@breastfeedingnetwork.org.uk)

### **Islington Breastfeeding Peer Support Service:**

Pregnant women and mums with breastfeeding questions at any stage. Face-to-face or online appointments with antenatal sessions to follow.

0203 316 8439

[www.islington.gov.uk/breastfeeding](http://www.islington.gov.uk/breastfeeding)

### **National Breastfeeding Helpline:**

0300 100 0212

### **NCT National Feeding Helpline:**

0300 330 0700

### **Women's Aid COVID-19 Resource Hub:**

Practical advice and support.

[www.womensaid.org.uk/covid-19-resource-hub](http://www.womensaid.org.uk/covid-19-resource-hub)