



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Support for parents going through Fostering Process from birth



We understand this can be a very stressful and difficult time. The Community Midwifery Service will provide you with support in the early post-natal period. There are services who can offer you and your family support.

Your GP can refer you to the Primary Care Mental Health team. Counselling is available from your GP. If you are under 25 counselling is available via Eye to Eye info@eyetoeye.wales

Barnardo's are able to offer support during this process

www.barnardos.org.uk

Citizens Advice can offer practical support

Legal advice can be obtained, from your solicitor.

If you would like to talk to somebody urgently

CRISIS 01443 443443 or 01656 752150 ask for CRISIS

SAMARITANS Call Helpline 0800132737 or text help to 81066

C.A.L.L. Helpline 0800132 737 or text HELP: 1081066