

# List of support organisations



Here is a list of some organisations that can give you support, advice and information.



## Bliss

Bliss gives free support to babies and families of babies who are sick or born too early.

- Phone: 020 7378 1122
- Email: [hello@bliss.org.uk](mailto:hello@bliss.org.uk)

**NHS**  
Talking Therapies



## NHS Improving Access to Psychological Therapy (IAPT)

You can use **NHS IAPT** to find free **talking therapy** in your area.

**Talking therapy** is when you meet with a health professional to speak about your issues.

- Website: [www.england.nhs.uk/mental-health/adults/iapt](http://www.england.nhs.uk/mental-health/adults/iapt)



## Peeps HIE

**Peeps HIE** supports families of babies who are born with a brain injury called **Hypoxic Ischaemic Encephalopathy (HIE)**.

- Phone number: 0800 987 5422
- Website: [www.peeps-hie.org](http://www.peeps-hie.org)



## The Samaritans

Free listening phone service that you can call any time of the day or night, every day of the year.

- Phone number: 116 123
- Website: [www.samaritans.org](http://www.samaritans.org)



## Sands

A charity that supports anyone affected by the death of a baby and helps to make sure bereaved parents get better care.

- Website: [www.sands.org.uk](http://www.sands.org.uk)



## Action against Medical Accidents (AvMA)

Free advice, information and support for people who have had poor healthcare.

This can include help with finding the right lawyer to help you with your case.

- Website: [www.avma.org.uk](http://www.avma.org.uk)
- Phoneline: 0345 123 23 52  
Open from 10:00am to 3.30pm,  
Monday to Friday



## The Law Society

Free advice about how to get help with the law, like how to find a lawyer.

- Website: [www.lawsociety.org.uk](http://www.lawsociety.org.uk)



## Citizens Advice Bureau

Free advice from someone who may be able to help you contact a lawyer.

- Website:  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)