

Perinatal Support in York

The **Good Mental
Health Project**

Kyra Women's Project

Helping local women make positive and lasting improvements to their lives. They offer a range of 1 to 1 and group support activities and courses for women, from their safe and comfortable, city centre location.

Website: www.kyra.org.uk

Email: contact@kyra.org.uk

Telephone: 01904 632332



The Healthy Child Service

Offer perinatal and infant mental health support from when your baby is born until 12 months old, via early identification, signposting, referral to specialist services and emotional wellbeing visits.

Website: www.raiseyork.co.uk/healthy-child-service

Email: HCS-secure@york.gov.uk

Telephone: 01904 555 475



Menfulness

Bringing men together to socialise, exercise, enjoy themselves, talk and let off steam in a non-judgmental, friendly and supportive environment. These are all essential for physical and mental wellbeing.

Website: Menfulness.org

Email: hello@menfulness.org



Homestart York

Supports parents with pre-school aged children, to help them give their children the best possible start. They offer a unique, confidential family support service. Homestart volunteers will visit families in their own homes each week, offering support, friendship, and practical help.

Website: www.homestartyork.org

Email: support@homestartyork.org

Telephone: 07519 976946



Family Matters York

A confidential family support service offering advice and practical help to strengthen relationships, improve communication, and support family wellbeing across York.

Website: www.fmy.org.uk

Email: info@fmy.org.uk

Telephone: 01904 556724



yorkcvs



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York Family Information Service

A free and impartial information service for parents and carers of children and young people aged 0–19 (up to 25 for those with disabilities or additional needs) living in York. The service also supports professionals working with families.

Offers tailored information on Ofsted-registered childcare and help with costs, local activities and groups, parenting support, family services, and more.

Website: www.raiseyork.co.uk/york-family-information-service
Email: fis@york.gov.uk
Telephone: 01904 554444



The Amethyst Team York

a team of Specialist Midwives who support women/birthing people with mental health needs in pregnancy and for up to 8 weeks postnatal.

They work in both the York and Scarborough Hospitals and are an extra source of support for those who have anxieties around pregnancy and birth, previous birth trauma and with diagnosed mental health issues.

Website: www.raiseyork.co.uk/healthy-child-service
Email: tewv.northyorksperinatal@nhs.net
Telephone: 01904 556724



York and Scarborough Maternity and Neonatal Voices Partnership



Bringing together parents, carers, professionals and communities to listen, learn, and improve maternity and neonatal care across York and Scarborough. Everyone with experience of these services is welcome to share their voice.

Website: www.maternityvoiceshny.org.uk/york-and-scarborough
Email: yorkdistrictmvp@gmail.com
Text/WhatsApp: 07840 200681

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Social Prescribing - York CVS

Connecting people to non-medical support to improve health and wellbeing. It helps address social issues like loneliness, isolation, or financial worries by linking individuals to local activities and services. Referrals can be made from a GP surgery.

Website: www.yorkcvs.org.uk/primary-care-link-workers/
Telephone: 01904 437 911



Ready for Parenthood – help for families

Local councils and health services in York and North Yorkshire have launched a new campaign called Ready for Parenthood.

The campaign helps women and families feel supported from planning a baby through pregnancy and life with a newborn.

It focuses on three simple things:

- What we eat and drink
- How we move
- How we feel

Short videos share friendly, non-judgemental advice from local midwives and health professionals. The message is simple: no one has to be perfect, and it's okay to ask for help.

York Health Trainers

Website:
www.york.gov.uk/healthtrainers
Telephone: 01904 55 33 77

IDAS



IDAS offers a range of free and confidential services to help people cope with, and recover from, the traumatic effects of domestic abuse and sexual violence.

Website: www.idas.org.uk
Telephone: 03000 110 110

York Women's Counselling



Providing one to one counselling to women who are experiencing emotional and mental health difficulties as a result of current or past emotional stress or trauma

Website:
www.yorkwomenscounselling.org
Telephone: 07922 337985