

# Arrivals + Departures

## Birth Support Resource list

### Organisations that support Maternal mental health

- **Maternal Journal** – creative journaling to support mental health and wellbeing, with free resources and support online
- **Association of Postnatal Illness** - advice, support and helpline/live chat
- **Heads Together** - a campaign to tackle the stigma of mental health
- **Hub of Hope** - find mental health support services in your local area
- **International Forum for Wellbeing in Pregnancy** - information, research and networking.
- **Maternal Mental Health Alliance** - information for mothers and professionals, with help to find support locally.
- **Pandas Foundation** - pre and postnatal depression support for mothers.

### Mother and baby

- **Birth Rights** - help, advice and resources to promote human rights in birth
- **Best Beginnings** - resources and information, including the Baby Buddy app.
- **Bliss** - a charity for premature and sick babies with information, resources and a helpline.
- **Maternity Action** - information and advice about rights at work, maternity leave, breastfeeding with a Free Maternity Rights Action Line.
- **Positive Birth Movement** - find a local Positive Birth Group, along with resources and a blog
- **Pregnant then screwed** - legal advice, mentoring and live events about rights for mothers.

## Birth and breastfeeding

- **Bump: How to Make, Grow and Birth a Baby** and **The Food of Love: Your Formula for Successful Breastfeeding** - Kate Evans
- **Good Moms have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers** - Karen Kleinman, with illustrations by Molly McIntyre
- **The Positive Birth Book: A new approach to pregnancy, birth and the early weeks** - Milli Hill
- **Breastfeeding Uncovered** - Amy Brown
- **Why Mothering Matters** - Maddie McMahon
- **The Breast Book** - Emma Pickett

## Arts in health

These organisations use creative approaches like dance, music, writing and visual arts to promote, protect and enhance our mental health and wellbeing.

- **Arts and Minds** – arts and mental health charity delivering arts on prescription
- **Aesop Marketplace** - a comprehensive list of Arts in Health organisations
- **Breathe Arts** – a performing arts initiative in healthcare
- **Creative Health** - The Arts for Health and Wellbeing Report by The All Party Parliamentary Group on Arts, Health and Wellbeing (making the case for Arts in Health initiatives)
- **Performing Medicine** - building a resilient, caring workforce through arts-based training for health professionals
- **Cultural, Health and Wellbeing Alliance** - an organisation that promotes cultural engagement and participation to support health and wellbeing

## Creative Mother Organisations

We recommend a number of organisations that support mothers, mother-artists, and families. They can help connect you to an inspiring community of makers and thinkers.

- **Birth Rites** – the world's first collection of contemporary art on birth
- **Dance Mama** – supporting mothers who dance
- **Desperate Artwives** – a collective of visual artists who are mothers
- **Mothers who make** – a national initiative to support mothers who are artists
- **Prams in the Hall** – a performance company that promotes parenting

- **Procreate** – an arts organisation that supports mother artists
- **Arts and Minds** – arts and mental health charity delivering arts on prescription
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