



Who We Are

PANDAS Foundation are the only free UK wide support for parents, carers and their network who are struggling with their perinatal mental health.

We offer support from conception through to birth and beyond.

Our aim is to make sure no parent, carer or family feels alone.

We have a variety of support services available to ensure help and support is delivered in a way that is right for each individual.

We also offer positive, motivational and educational content through our social media channels.

Our Mission

To be the UK's most recognised and trusted support service for families and their network who may be suffering with perinatal mental illness.

Local Maternity and Neonatal Voices Partnership

The MNVP works together to review and contribute to the development and improvement of local maternity and neonatal care. MNVP's primary objective is to gather feedback from women/birthing people and their families about their experiences with maternity and/or neonatal services.

To find more information on your local MNVP please visit <https://nationalmaternityvoices.org.uk/find-an-mvp/>



We are a Limited Company registered in England and Wales with company number 7740327. Charity number 1149485 Our charity number for Scotland is ISC051814



We are here, whatever the weather, to offer hope, empathy and support for every parent, carer and their network affected by perinatal mental illness.



Click on the QR code to access our website
<https://pandasfoundation.org.uk/>

Help for families

PANDAS is a charity that is here to offer hope, empathy and signposting for every parent or carer who may be suffering with perinatal mental illness – from conception through to birth and beyond. We provide support to parents at any stage of their parenting journey.

“I wasn’t excited about being pregnant, I dreaded each day”

Service user

What is perinatal mental health?

The term perinatal mental health is commonly used to describe the emotional and psychological wellbeing of a mother/birthing person and father/partner from conception, through pregnancy and up to the child’s first birthday.

Perinatal mental health encompasses mental health conditions that can affect parents during pregnancy or within the first postnatal year.

These conditions include

- Antenatal and Postnatal Depression and Anxiety
- Postpartum Psychosis
- Obsessive Compulsive Disorder (OCD),
- Tokophobia
- Birth Trauma or Post Traumatic Stress Disorder (PTSD).

Early recognition, support and treatment can be a huge benefit to the health and wellbeing of the whole family unit, so it is important to seek professional help/guidance from a GP or midwife as soon as you think you or someone you know might be affected by any of these conditions.



How we can support you

Sometimes it might feel like no one understands what you are going through. We have support available, all via fully trained volunteers. All of our services are FREE.

Helpline, available every day via bookable call slots -
<https://pandasfoundation.org.uk/how-we-can-support-you/bookable-call-service/>

One of our trained volunteers will then call during this time.

WhatsApp message support

Available Monday - Sunday 8am-10pm. Text 07903508334 via WhatsApp to be connected with a trained volunteer.

Email support, available every day supportme@pandasfoundation.org.uk

Send us an email telling us how you are feeling and we will provide you with non judgemental peer support. You will be assigned to one of our trained peer support volunteers who will respond to you within 72 hours.

Support Groups

Offering a safe space for parents and their babies, to discuss, listen and exchange experiences with people that understand what you are going through. www.pandasfoundation.org.uk/support-groups

Social media and Facebook groups

We post positive, motivational and well researched information aimed to support your mental health. There are closed Facebook groups for parents to support each other privately.

Facebook @Pandas Foundation (Pre And PostNatal Depression Advice and Support)

Instagram @pandas_uk

Our Volunteers

All of our support is given through our trained, empathetic and inspirational volunteers who balance their own lives alongside supporting other parents through PANDAS.

Our volunteers say

“I really believe that when you speak to people who understand, you have taken that first step to recovery”

“I want to give help and support to people who are on a difficult journey. To reassure them that they are not alone.”

If you would like to volunteer with us get in touch today by emailing recruitment.team@pandasfoundation.org.uk



Supporting PANDAS

Whilst we support the overstretched and under resourced NHS as a support service for parents and parents to be, we know that early intervention can decrease the possibilities of further decline in mental health. We urgently rely on donations to keep going and need your help to continue to ensure no parent feels alone.

www.pandasfoundation.org.uk/donate

