

## Perinatal & Family Support Services – Northern Ireland

### Belfast Trust Area

Service	Phone	Email	Website
Women's Resource & Development Agency (WRDA) Maternal Advocacy & Support Project (MAS)			<a href="https://www.wrda.net/projects/maternal-advocacy-and-support-project">https://www.wrda.net/projects/maternal-advocacy-and-support-project</a>
Windsor Women's Centre MAS	02890 235451		<a href="https://windsorwomenscentre.com/">https://windsorwomenscentre.com/</a>
Falls Women's Centre MAS	02890 327672		<a href="https://www.fallswomenscentre.org/">https://www.fallswomenscentre.org/</a>
Ballybeen Women's Centre MAS	02890 481632		<a href="https://www.ballybeenwomenscentre.org/">https://www.ballybeenwomenscentre.org/</a>
Ballybeen Young Mums MAS (16–25)	02890 481632		<a href="https://www.ballybeenwomenscentre.org/">https://www.ballybeenwomenscentre.org/</a>
The Parent Rooms	02895380404	hello@theparentrooms.co.uk	<a href="https://www.theparentrooms.co.uk/">https://www.theparentrooms.co.uk/</a>

### South Eastern Trust Area

Service	Phone	Email	Website
Atlas Women's Centre MAS	02892 605806		<a href="https://www.atlaswomenscentre.co.uk/">https://www.atlaswomenscentre.co.uk/</a>
Atlas Young Mums MAS (16–25)	02892 605806		<a href="https://www.atlaswomenscentre.co.uk/">https://www.atlaswomenscentre.co.uk/</a>

### Northern Trust Area

Service	Phone	Email	Website
Mums the Word (affiliated with MAS)		mumstheword2024@hotmail.com	
Dads Voice	02825648229	info@turningpointni.co.uk	

## Southern Trust Area

Service	Phone	Email	Website
Centred Soul		info@centredsoul.co.uk	<a href="https://www.centredsoul.co.uk/">https://www.centredsoul.co.uk/</a>
Chrysalis Women's Centre MAS	02882622177		
Home-Start Newry & Mourne MAS	02830266139		
Recovery College SHSCT			<a href="https://southerntrust.hscni.net/service/support-and-recovery/">https://southerntrust.hscni.net/service/support-and-recovery/</a>
SHSCT Self Help Guides			<a href="https://selfhelp.cntw.nhs.uk/organisation/southern-health-and-social-care-trust">https://selfhelp.cntw.nhs.uk/organisation/southern-health-and-social-care-trust</a>
Verve SHSCT			<a href="https://verve-network.co.uk/">https://verve-network.co.uk/</a>
STEP Dungannon			<a href="https://www.stepni.org/">https://www.stepni.org/</a>
Via Wings			<a href="https://viawings.co.uk/">https://viawings.co.uk/</a>

## Western Trust Area

Service	Phone	Email	Website
Women's Centre Derry MAS	028 71267672		<a href="https://www.thewomenscentre.co.uk/">https://www.thewomenscentre.co.uk/</a>
Strathfoyle Women's Activity Group MAS	028 71860733		
Minding Mum	02871342959		
Minding Mammy Programme	028 71360777		<a href="https://www.derrywellwoman.org/">https://www.derrywellwoman.org/</a>
Support2gether Omagh	028 8262217		<a href="https://support2gether.com/">https://support2gether.com/</a>
Mindwise Mums Wellness	07773 220818	rosie.keaney@mindwisenv.org	

## Regional Area

Service	Phone	Email	Website
Links Counselling (Northern & Western HSC Trust Areas)			<a href="https://www.links counselling.com/">https://www.links counselling.com/</a>

Service	Phone	Email	Website
Action on Postpartum Psychosis		app@app-network.org	<a href="https://www.app-network.org/">https://www.app-network.org/</a>
AWARE NI			<a href="https://aware-ni.org/">https://aware-ni.org/</a>
CAUSE			<a href="https://www.cause.org.uk/">https://www.cause.org.uk/</a>
Birthwise			<a href="https://www.birthwise.org.uk/">https://www.birthwise.org.uk/</a>
Family Support Hubs			<a href="https://cypsp.hscni.net/family-support-hubs/">https://cypsp.hscni.net/family-support-hubs/</a>
CYPSP Parent Support			<a href="https://cypsp.hscni.net/ebpp/">https://cypsp.hscni.net/ebpp/</a>
Sure Start			<a href="https://www.nidirect.gov.uk/articles/sure-start-services">https://www.nidirect.gov.uk/articles/sure-start-services</a>
Home-Start NI			<a href="https://www.home-start.org.uk/pages/category/home-start-northern-ireland">https://www.home-start.org.uk/pages/category/home-start-northern-ireland</a>
Baby Basics			<a href="https://baby-basics.org.uk/locations">https://baby-basics.org.uk/locations</a>