

OSFL- links to services external to the university

Life- Pregnancy Matters: <https://lifecharity.org.uk/>

Offers counselling for pregnant women and women who have had abortions, and support for any kind of pregnancy crisis, be it homelessness, miscarriage or an unexpected pregnancy.

Family Lives:

<https://www.familylives.org.uk/advice/your-family/parenting/where-can-young-parents-go-for-support/>

Has a free and confidential helpline, as well as a quite comprehensive advice page for young parents, with links to various ways of getting financial aid, housing, and emotional support should you need it.

NCT New Parent Support: <https://www.nct.org.uk/>

Has a host of articles on pretty much every aspect of being a new parent.

Netmums: <https://www.netmums.com/coffeehouse/advice-support-40/young-parents-500/>

Forum for mothers to chat and give each other advice.