

Further help and information

OXPIP – The Oxford Parent Infant Project



.....works with parents to help understand their relationship with their babies.....

<http://www.oxpip.org.uk/>

T: 01865 778034 E: info@oxpip.org.uk

Children's Centres



.....provide a variety of advice and support for parents and carers.....

<http://childrenscentresfinder.direct.gov.uk/childrenscentresfinder/>

T: 0870 000228

Netmums



.....parenting advice and information in your area.....

<http://www.netmums.com/>

Mind

.....for better mental health.....

<http://www.mind.org.uk/>

Mind info Line 0845 766 0163



Talking Space



...helping you to overcome anxiety and depression.....

<http://www.talkingspaceoxfordshire.org/>