

bluebell

Supporting
Families

through depression
and anxiety related
to pregnancy
and birth

Bluebell is here to offer support for anxiety, depression and emotional wellbeing during pregnancy and up to 2 years after birth in Bristol, South Gloucestershire and North Somerset

To refer for 1:1 peer support, or our 12 week wellbeing programme, visit www.bluebellcare.org and complete the online referral form.

For details of our informal group sessions at our wellbeing hub Bluebell Place, 2 Quay Street, BS1 2JL, please email helen@bluebellcare.org

To find out more, email: hello@bluebellcare.org
or call 0117 9220746

 Bluebellsupportingfamilies

 @bluebellcare



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



vita
health group

Don't know who to ask for help? You're not alone Take time out

Bluebell Care Trust, registered charity no. 1136818. Ltd company no. 07101628.
Address: Bluebell Place, 2 Quay Street, Bristol, BS1 2JL