

Support Resources for Adults Born Preterm

If you'd like support during or after taking part in this project, here are some organisations you can contact. These include mental health support, disability and neurodiversity resources, and services relevant to identity or lived experience.

Born Preterm-Specific Support

Adult Premie Advocacy Network (APAN): Peer-led group specifically for adults born preterm.

Contact: adultpreemies@gmail.com Website: www.adultpreemies.com

Bliss: Resources for families of premature babies; may be of interest to adults born preterm.

Website: www.bliss.org.uk

General Emotional and Mental Health Support

Mind: Offers information and support for mental health problems. Contact: 0300 123 3393.

Website: www.mind.org.uk

Samaritans: 24/7 confidential support for anyone feeling distressed. Contact: 116 123

(Freephone). Website: www.samaritans.org

Shout: 24/7 text support for anyone in crisis. Contact: Text 'SHOUT' to 85258. Website:

<https://giveusashout.org>

Neurodiversity, Disability and Health Conditions

Scope: National disability charity offering advice and peer support. Contact: 0808 800 3333.

Website: www.scope.org.uk

ADHD UK: Support and resources for adults with ADHD. Website: <https://www.adhduk.co.uk>

National Autistic Society: Support for autistic people and their families. Website:

www.autism.org.uk

Contact: Support for people with childhood-onset disabilities. Website: <https://contact.org.uk>

Identity-Specific Support

Black Minds Matter UK: Mental health support for Black individuals. Website:

www.blackmindsmatteruk.com

LGBT Foundation: Advice, support, and mental health services. Website: <https://lgbt.foundation>

Young Minds: Mental health support for under-25s. Website: www.youngminds.org.uk