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# How to get help

Easy Read resource

This resource is available  
in multiple languages.  
Ask your midwife for  
more information.

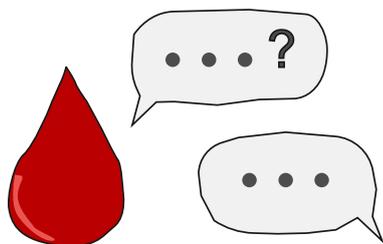


# How to get help



It is okay to ask for help.

You can ask different people for help.



You might need to ask for help if you have:

- Bleeding
- Pain
- Worries about mental wellbeing.

If you feel very unwell call 999.



Click on the link below to see other reasons to call the midwife. If you do not have internet ask your midwife to print you a copy.

[tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/poster-when-call-midwife](https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/poster-when-call-midwife)

# How to get help



You will start to feel your baby move once you are about half way through your pregnancy.

If your baby stops moving you should ask for help straight away.

You can call your midwife or pregnancy team.



Click the links below to find out more about how your baby moves.

This is a poster:

[tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-and-banner-feeling-your-baby-move-sign-they-are-well](https://tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-and-banner-feeling-your-baby-move-sign-they-are-well)

This is a video:

[tommys.org/pregnancy-information/pregnancy-symptom-checker/baby-fetal-movements](https://tommys.org/pregnancy-information/pregnancy-symptom-checker/baby-fetal-movements)



If you do not have internet ask your midwife to print you a copy of the poster or play the video for you.

# How to get help



Sometimes you might need extra help during your pregnancy.

Talk to your care team if there is anything you are worried about.

This will help keep you and your baby healthy.



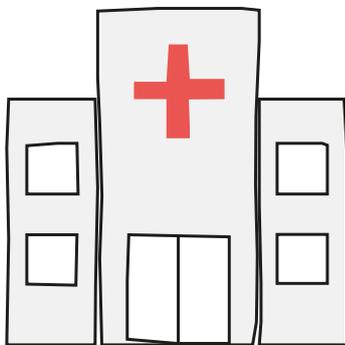
One reason you might need extra help is if you have had female genital mutilation. This is also known as FGM.

Click the link below to find out more about female genital mutilation.

If you do not have internet, ask your midwife to print you a copy.

[nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics](https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics)

# How to get help



You can call the numbers below if you need help. You can call at any time. It does not need to be an emergency.

- Conquest Hospital, Hastings  
0300 1315341
- Eastbourne District General Hospital  
0300 1315341
- Royal Sussex County Hospital, Brighton  
01273 664793
- Princess Royal Hospital, Haywards Heath  
01444 448669
- St Richard's Hospital, Chichester  
01903 285269
- Worthing Hospital  
01903 285269
- East Surrey Hospital  
01737 768511

# How to get help



If you feel very unwell call 999.

You might need to call 999 if you:

- Have a lot of pain
- Have a very bad headache
- Are bleeding
- Start to feel very tired

Do not wait to get help. Your pregnancy team and midwife are there to help you.

**For further information to support you during pregnancy, please see:**

Support – Sussex Local Maternity & Neonatal System  
[sussexlmns.org/my-pregnancy/support](https://sussexlmns.org/my-pregnancy/support)

Help and Support – Tommy's  
[tommys.org/pregnancy-information/help-and-support](https://tommys.org/pregnancy-information/help-and-support)

Midwives Helpline for Black and Black Mixed-Heritage women – Tommy's  
[tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service](https://tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service)

If you do not have the internet you can ask your midwife to print you information from any of the links above.