If you've experienced control, exploitation, trafficking or abuse, this could be modern slavery.

Do you need maternity care and support?

YOU CAN GET CARE

You can get the maternity care and support you need quickly and easily, no matter where you come from or what your immigration status is.

YOU'RE NOT ALONE

Support is available, and it's okay to ask

You may meet a range of professionals throughout your maternity journey, including:

YOU WILL MEET A MIDWIFE

They help you during pregnancy, birth, and after your baby is born. You can ask them to visit you at home or where you feel safe.



YOUR FEELINGS ARE IMPORTANT

If you feel sad, worried, or alone, ask for help. You deserve to feel well and safe.



YOU CAN ASK QUESTIONS AND MAKE CHOICES ABOUT YOUR CARE

This includes decisions about birth options, feeding, and local support to find what's best for you and your baby.

YOU CAN ASK FOR A PROFESSIONAL INTERPRETER

You should understand what people say and be understood.

SAY WHAT YOU NEED

Tell your midwife, doctor or case worker what would help you and your baby. They will put you in touch with the right services.

YOU CAN TALK ABOUT YOUR SAFETY

Tell a midwife, doctor or case worker if your situation feels unsafe. You can ask to talk alone with them.

YOUR HOME SHOULD BE SAFE, CLEAN AND COMFORTABLE

Tell your midwife, doctor or case worker if you do not have a safe place to stay.







