

Bliss support for families of babies born premature or sick

Bliss is a national charity that exists to give every baby born premature or sick in the UK the best chance of survival and quality of life.

We offer a wide range of free services for families of premature and sick babies. These include:



High quality online information and support

Visit www.bliss.org.uk for information and support relating to all aspects of neonatal care and beyond, including information about family centred care, mental health, going home from the neonatal unit and much more.

Printed information and resources

Visit [our shop](#) where you can order a range of printed information and materials. We have two printed information booklets, called *About Neonatal Care* and *Going home from the neonatal unit*. We also have support cards that are designed to advertise our services, information posters, and Bliss Baby Cards, where parents can celebrate milestones in their baby's neonatal journey.

Little Bliss

Little Bliss is a free magazine for parents with a baby in neonatal care or with a premature or sick baby at home. It features inspiring real-life stories, information and support to help you care for your baby, and ways to get involved with Bliss' work. Little Bliss is free to all neonatal units in the UK. You can order it from our shop [here](#).

Bliss Champions

Bliss Champions are volunteers that visit neonatal units and provide support to parents. Visit [this page](#) for the latest updates and information.

Support via email

Our email support service is here to help parents and families of premature and sick babies. Email us at hello@bliss.org.uk and we'll get back to you with information and support.

Support via video call

Parents who have a baby on the neonatal unit or who have recently been discharged can speak to a Bliss Champion volunteer via Zoom. This service was developed in response to the COVID-19 pandemic. The call is an opportunity for parents to ask questions, share your experience or just to talk to someone who understands some of what you might be going through. More information can be found on [this page](#).

Bliss and Netmums forum

Peer support is available for parents and families through our online parent message board on [this page](#).

Counselling and emotional support

On our website, we have a small group of counsellors who have had contact with Bliss and who have more direct experience in providing support to families who have experienced neonatal care. You can expand the map on [this page](#) to find a counsellor in your area.

Social media

Our social media pages are a good opportunity to stay in touch, to hear from other parents, read about others experiences and share theirs if they want to. We also post information about relevant events and activities. You can search for BlissCharity on Facebook, Instagram and Twitter.