



# Empathy, Expertise & Support

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Pregnancy Sickness Support is the only UK registered Charity supporting sufferers of pregnancy sickness and hyperemesis gravidarum (HG).

If nausea and vomiting in pregnancy is affecting your daily life then please get in touch, we are only a phone call or message away.

Call our helpline **0800 055 4361** or email us  
**[support@PregnancySicknessSupport.org.uk](mailto:support@PregnancySicknessSupport.org.uk)**  
**[www.PregnancySicknessSupport.org.uk](http://www.PregnancySicknessSupport.org.uk)**



# Our Support Services

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- Expert, empathetic support team available via our **free national helpline** - Monday to Friday 9am - 5pm or our WhatsApp support service (available via our website)
- A peer support network for **1-2-1 support** with a trained volunteer
- Information and resources on our **website**
- Subsequent **pregnancy planning** and advice
- Access to a **specialist counselling** service
- A **safe and supportive** listening ear for anyone experiencing pregnancy sickness and hyperemesis gravidarum (HG)

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The helpline was my lifeline. The support team gave me advice on how best to seek treatment when I had been dismissed and helped me with coping strategies. I am not sure if I would have been able to get through the pregnancy without them.

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PregnancySicknessSupport



@HGSupportUK



pregnancysicknesssupport

[www.PregnancySicknessSupport.org.uk](http://www.PregnancySicknessSupport.org.uk)



Pregnancy  
Sickness  
Support