Your free resource guide

Real reading and support, without payment or signup. Official links checked October 30, 2026. U.S. and UK resources are labeled; follow your local care team’s advice.

Books & booklets

The Pregnancy Book

NHS · Manchester University NHS Foundation Trust · United Kingdom · Free PDF book

An illustrated reference covering pregnancy, labour, birth and the first weeks with your baby.

UK care pathways and terminology may differ from those where you live.

Official source: https://mft.nhs.uk/app/uploads/sites/4/2018/05/SMPIL-Pregnancy-Book-2026_compressed.pdf

Building a Happy Baby: A Guide for Parents

UNICEF UK Baby Friendly Initiative · United Kingdom · Free PDF booklet

A short illustrated booklet about bonding, closeness and responding to your baby.

A parent booklet, not a medical textbook or individualized care plan.

Official source: https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf

Before you arrange care

Free means the linked information, download or named support service. Referrals and directory listings do not guarantee free care. Ask directly about costs, eligibility, languages and availability.

Questions for my next conversation

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Websites & support

NHS pregnancy information

NHS · United Kingdom · Free website

Browse antenatal care, pregnancy symptoms, wellbeing, labour and birth information.

Information about accessing services refers to the UK health system.

Official source: https://www.nhs.uk/pregnancy/

Black-led maternal support organizations

Black Mamas Matter Alliance · United States · Free directory

Find Black-led maternal-health and reproductive-justice partner organizations nationwide.

Free to browse; partner services, fees and availability vary. This is not a clinic or chapter directory.

Official source: https://blackmamasmatter.org/our-partners/

PSI HelpLine

Postpartum Support International · U.S. support & referrals · Free support

Information, encouragement and referrals for emotional wellbeing during pregnancy and after birth.

Volunteer responses are not immediate. Not a crisis hotline; referred services may charge fees.

Official source: https://postpartum.net/get-help/psi-helpline/

National Maternal Mental Health Hotline

HRSA · United States · Free, confidential support

Call or text 1-833-852-6262 for support during pregnancy and after birth, available 24/7.

Not an emergency or suicidal-crisis service. In the U.S., call/text 988 for crisis support or 911 for immediate danger.

Official source: https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

Guides to keep close

Hear Her posters & conversation guides

CDC · United States · Free printable guides

Urgent maternal warning-sign handouts and conversation guides for you and your support people.

Multiple languages available. Do not delay urgent care to read a guide.

Official source: https://www.cdc.gov/hearher/campaign-resources/posters-handouts.html

Off to the best start

UNICEF UK Baby Friendly Initiative · United Kingdom · Free PDF guide

An illustrated guide to starting breastfeeding, positioning and getting feeding support.

Ask your care team for help tailored to your feeding choices and circumstances.

Official source: https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2022/10/Breastfeeding-leaflet.pdf

Steps to a Healthier Me and Baby-to-Be!

CDC · United States · Free PDF checklist

A preconception planning checklist with prompts for discussing health goals with your care team.

For planning before pregnancy; not a pregnancy treatment guide.

Official source: https://www.cdc.gov/pregnancy/media/pdfs/pregnancy_planner_508.pdf

When help cannot wait

In the U.S., call 911 for immediate danger and call or text 988 for suicidal-crisis support. Elsewhere use your local emergency or crisis services. Do not delay urgent care to read a guide.

Bloom’s collection is not independently medically reviewed. Listed organizations have not endorsed or reviewed Bloom’s guide. Resources may change; use the official source links for current information.

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