

# Are you Black or Black Mixed-Heritage?

**Tommy's**

in partnership with

**FIVEXM<sup>RE</sup>**

## Tommy's Midwives are here for you.

Book a call with a midwife to talk  
about any pregnancy concerns.

Book  
here



[tommys.org/helpline](https://tommys.org/helpline)

# We're here to support you

Specialist midwife-led support includes planning for pregnancy, pregnancy complications, labour and birth and pregnancy loss.



@tommys\_pregnancyhub



midwife@tommys.org



<https://fivexmore.org/6steps>

This specialist non-urgent helpline is a protected service for Black and Black Mixed-Heritage women and birthing people only.