

Seven Letters

A Healing Journal for Women



Kim Vermaak

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www.tamingthemonsterofpostpartumdepression.com

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Disclaimer



Seven Letters is a deeply personal collection of reflections written from one woman to another. It is not intended to serve as medical advice, nor is it a substitute for professional diagnosis, treatment, or therapy. I am not a medical practitioner, psychologist, or trained therapist. The experiences and insights shared in these pages come from my journey.

If you are struggling with your mental or emotional health, I strongly encourage you to seek support from a qualified counsellor, psychologist, or medical professional. You are not alone and many organisations offer free or low-cost counselling services.

Your well-being matters. Please reach out if you need help.



Introduction to Seven Letters

I did not set out to write this journal.

I set out to survive.

When I was in the depths of my pregnancy crisis, there were no journals like this. No softly spoken words telling me it was okay to feel afraid, broken, or unsure. No one explained you could feel two opposite things at the same time: joy and terror, hope and despair. I did not come from a disadvantaged background and yet here I was, penniless, about to lose my home and not knowing which way to turn. I felt like I was stumbling in the dark, my heart raw, my thoughts tangled and my future uncertain.

Twenty-three years later, I wrote the journal I wish I had back then.

Seven Letters is not a step-by-step plan. It is not a sermon. It is a conversation between two women: me and you. One who lived through the fear, the isolation and the uncertainty and one who is still in the middle of it.

Each letter in this journal touches on a truth I learned on my journey. The letters are the truths I would whisper to the woman I once was. Thoughts I now offer you. You won't find all the answers here, but you will find space to ponder, to feel and to hope again.

I won't pretend your circumstances are easy. Some days may feel impossible. But I promise you this... You are not the only woman who has felt what you are feeling. And you are stronger than you know.

These letters may be read start to finish in one sitting; you may also choose to read and re-read a particular letter that speaks to you over a period of time. I recommend this. Dwelling on words that give comfort and hope allows these ideas to sink in deeply and work their way into your whole being, to transform your thinking and your outlook.

Remember, there is a future beyond this moment. This chapter, no matter how difficult, is not your complete story.

You are not alone.

Let's begin.

Kim



You Are Not Alone

I remember the day I found out I was pregnant. I was 29 years old and sitting in a doctor's room. A brief smile flickered across my face, followed by moments of terror. There seemed to be no way that I could have this baby. My initial euphoria dissolved into tears.

I felt utterly alone. I knew the father would not want this baby, even though he was the one who brought me to the appointment. I was not wrong. I imagined what my parents would say, what my church community would say. How could I have been so stupid?

Everyone around me seemed to amplify my fear. My life choices made me vulnerable in every sense. My finances were dismal. I had no medical aid. I was an emotional and spiritual wreck. As a second-generation adoptee, I had no healthy examples of raising a child of an unplanned pregnancy. My doctor, the biological father, friends and others expected me to terminate the pregnancy.

I felt utterly alone. But I was not. What I did not realise was that we attract like-minded people through our thoughts and actions. It is simply a law of nature. Getting the right support means you acknowledge that your thinking has trapped you. Looking inward when you are vulnerable is hard, but it can help you change your life.

When I shifted my thinking and started sharing my vulnerability, new people came into my life. It may sound insane, but it is true. I am now an author and a speaker. I now know hundreds of other writers and speakers. I met them only when I decided I was a writer and speaker and when I joined groups where other writers and speakers hung out. The same principle applied when I found myself on my knees in one of the most vulnerable predicaments in which a woman can find herself.



I have learned that most of the isolation and loneliness we experience during an unplanned and unwed pregnancy comes from our fear of what other people think. I shared my pregnancy vulnerability with the counselling department of my church. I believed they would judge me. I was wrong. They networked to find me accommodation in a cottage on the property of one of the members of the congregation. Strangers started crocheting blankets. The people who were judgmental slipped out of my life and new, more supportive people emerged.

Baby showers appeared and I had the greatest outpouring of love I could ever imagine. I cannot tell you it was easy. Far from it. But I realised I was never really alone. It was a belief system. One that I had allowed myself to become trapped by.

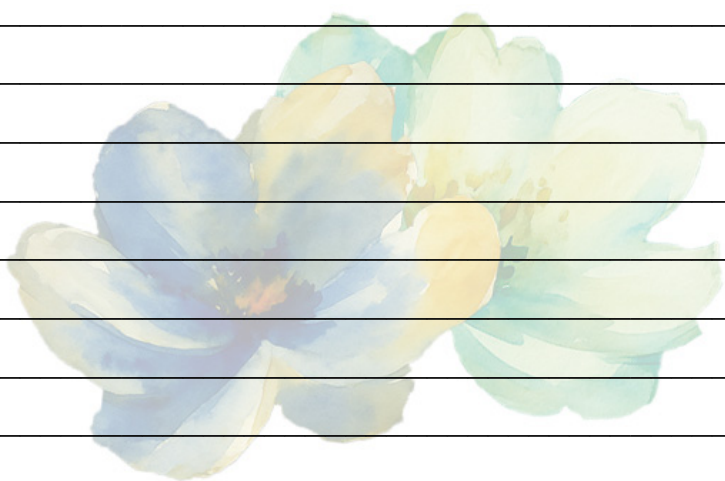
You are not alone. Some people are capable and willing to help if you are prepared to let them.



A watercolor illustration of two flowers, one pink and one yellow, on a white background with horizontal lines. The pink flower is in the foreground, and the yellow flower is behind it. The background has horizontal lines, suggesting a notebook or a template for writing.

This image shows a single sheet of white paper designed for handwriting practice. It features 20 evenly spaced horizontal blue lines. A decorative border composed of small orange dots runs along all four edges of the page. The paper is otherwise blank, with no text or markings.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Journal

- What small step can you take today to reach out for support?

Journal page with horizontal lines for writing.



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Notes and Doodles

Notes and Doodles

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Notes and Doodles

2.

Fear of the Unknown: It's Okay to Be Scared

Night after night, I would wake up filled with dread. It did not help that pregnancy makes you go to the bathroom several times a night. I had some pretty terrifying dreams as my subconscious started working through the various scenarios in which I found myself.

I am a planner and a bit of a control freak. Control made me feel safe. I was adopted. I remember that the fear of being separated from my newly adopted family while growing up made me crave control. Now, I faced a new life growing inside me and so many matters were beyond my control. Being in this situation terrified me.

Gradually, I began to realise that even women in stable relationships have some level of worry about the future of their babies. Fear and uncertainty are part of the human condition. New parents often worry about whether they will be good parents, whether they will be able to provide and whether or not the baby will be in perfect health.

Fear and worry do not mean you are weak. It means you are human – and guess what? The human brain in pregnancy often overanalyses things. Start by focusing on the things you can control.

You can take control of your health. Some clinics give out free pregnancy vitamins. It may not be the antenatal care you imagined, but you can stand in a queue and get support. This may be unfamiliar territory to you, but it won't kill you.

You have some choices about whom to spend time with or at least whose voices you choose to listen to. Some people will say awful things, but you can choose who to believe.

Worry may flavour your life, but you can choose not to marinate in it. One of the best things I ever did was write down the things that were going well in my life and what I was grateful for. I can only say that there were days I

struggled to find things that were going well. But then I realised I had allowed my positive brain to get lazy. So I would stare at the page until I found those ten elusive things.

I thought of the people I knew who had struggled for years to fall pregnant. I thought about the kindness of strangers. As I actively searched my memory for kindness and beauty, my worry subsided. I did not win any positivity awards, but I learned to understand that worry was just part of the journey that all mothers experience.

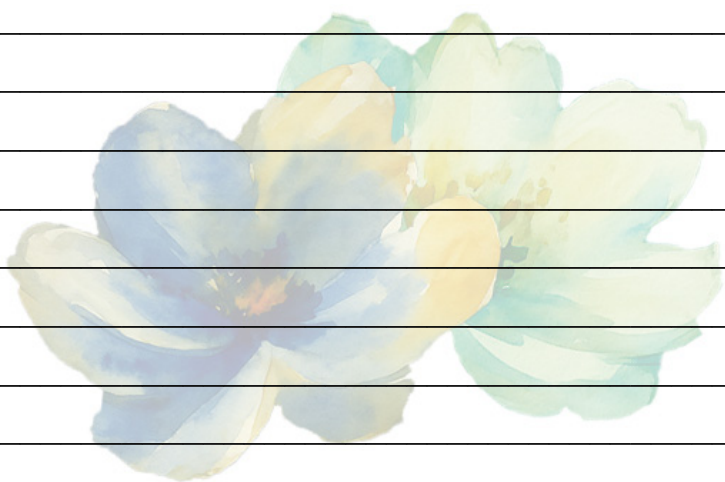
The answers will come in time. Trust the process.



A watercolor illustration of two flowers, one pink and one yellow, with horizontal lines overlaid for writing. The pink flower is in the foreground, and the yellow flower is behind it. The lines are evenly spaced and cover the width of the page.

Handwriting practice area with 20 horizontal lines.

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Journal

- What is one thing you can control in this situation?

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Notes and Doodles

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3.

The Weight of Shame: You Deserve Support

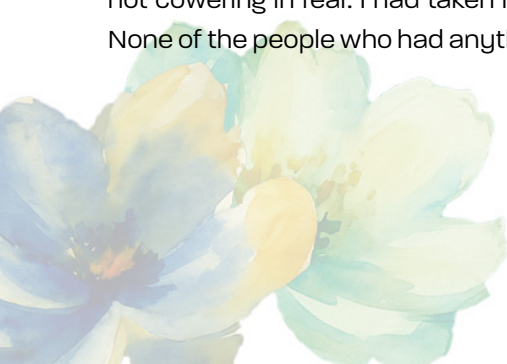
We all recognise shame. The Oxford Dictionary says it is a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behaviour. Boy, oh boy, did I feel that. You may even recognise it in yourself. A physical sensation of tightness or constriction in the chest, a “pit in the stomach”.

You feel all eyes are on you. I remember going for my first pregnancy scan and the nurse calling for Mrs. Only, I was a Miss and not a Mrs. I was reminded by a family member that my school friend was married when she fell pregnant, unlike me.

You will find people who have nothing better to do than make you feel worthless. This is a terrible trap. If you allow shame to control you, you may never reach out for help. Here is the thing: we all have our unique brand sins or faults. Some people cheat on their taxes. Some people verbally abuse their spouse; some people are substance abusers and some people gossip. Some sins are less visible than others and some are even socially acceptable. But everyone has some weakness, fault or sin – or many.

I don't know the circumstances that surround your pregnancy crisis, but I can tell you this: You deserve kindness, love and forgiveness. The people who try to make you feel you are wrong and are often wrong for you.

I told myself this simple truth. I was choosing to give life to my baby under very difficult circumstances and that made me some sort of superhero. I was not cowering in fear. I had taken my stand and I was in control of my destiny. None of the people who had anything nasty to say had to live with my choices.



I had to listen to a lot of music and podcasts that spoke life into my circumstances because in the early days, there were few people who could make me feel good about myself. I had to find those voices myself.

As I write this, my daughter is almost 23 years old and those years of struggle have become my victory song. You have an anthem of triumph inside of you. It is now time to shrug off your shame. It does not serve you.

Claim your victory song.



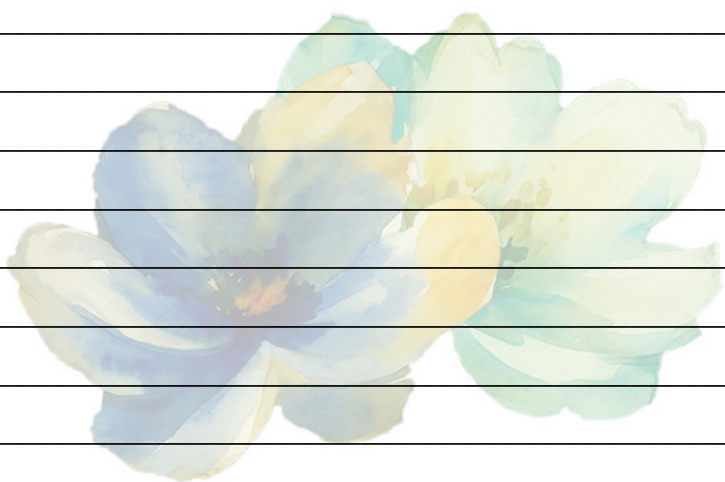
Journal

- What would you say to someone else feeling the same way as you do?



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A watercolor illustration of two flowers, one pink and one yellow, with horizontal lines overlaid for writing. The pink flower is in the foreground, and the yellow flower is behind it. The lines are horizontal and span the width of the page.

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You Are Stronger Than You Think

As a writer, I am always fascinated by the hero's journey. What makes it so compelling is that the heroes we most admire have usually experienced a catastrophe of some kind, forcing them to face a task they feel ill-equipped to deal with.

I certainly felt that way. I mean, let's get real. The responsibility of taking on a new life when your own life is a shambles is frightening. This is a high-stakes situation. Some people think that only financially desperate people feel vulnerable in a pregnancy crisis. But sometimes educated women find themselves in a pregnancy crisis where the timing just seems impossible.

Here is the thing, though ... all muscles, whether they are physical, emotional or spiritual, need exercise to get stronger. Weightlifting champions don't start out by lifting 100 kilogram weights. They start small. They gradually increase their weights over time. Marathon runners do the same.

You may be feeling weak now. But in time, you will get stronger. I know before I fell pregnant, I was stuck in a series of bad relationships. After I fell pregnant, I realised that every choice I made from now on would affect my unborn child. There was a time when I couldn't face difficult situations. Just the thought of confrontation made my heart race. I would avoid things, hoping they'd simply go away. But deep down, I knew something had to change. Even though my heart still pounded each time I faced a challenge I used to run from, I knew I had to start showing up, for myself and for my future. That realisation led to what is known as an "inciting moment". It is a call to action, or that moment when you know you must fight. Fight for who you are and what you know to be true. For me, it was that moment when my spirit told me, "You can do better than this."

Did I make some bad choices after that? I certainly did. But over time, I began to learn from them. Slowly, my decisions started to reflect the lessons I was learning. It wasn't about suddenly knowing what to do; it was about growing through each step and allowing myself the grace to keep learning. As my self-worth and my belief improved, so did my sense of hope.

Find your battle cry and know that you will get stronger.



Journal

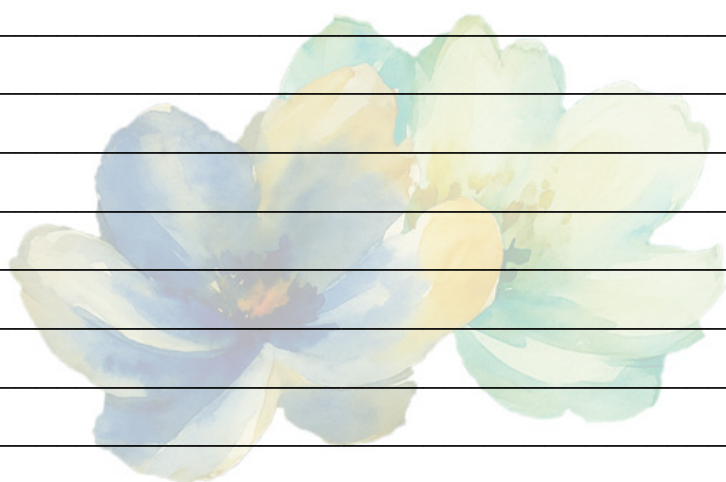
- What challenges have you overcome that tested your strength?

Journal writing lines (horizontal lines for text entry).



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5.

You Don't Have to Make Big Decisions Alone

I know this journey may feel lonely. Sometimes it feels like no one could ever understand what you are going through. I know I often felt that the responsibility was overwhelming. But I found that every time I reached out for support, there was someone who knew something or someone who could make my life better.

I had spoken to one pastor at our church and he got pastoral care involved. Together, they found someone who offered me accommodation. I was laid low by a terrible stomach bug during my pregnancy and called for help. A friend drove me to the casualty department at hospital when I was too weak to go myself.

Talking things through with a counsellor or a friend can make a difference to your mindset. There are also many support groups available to help. I had a complicated relationship with my mother and my parents lived an 11-hour drive away from me. I was not prepared to move back home because of a conflict in our past, but I found a woman who acted as a spiritual mother to me. She walked through my whole pregnancy journey with me and remained a support for several years after that.

During this time, be alert to people's biases. Theirs is not the only view of the situation and you always need to ask what people's background is. I remember when I was working at a hospital, one surgeon said to me,

"Kim, I am a surgeon. If there is a problem, I am going to want to cut. A pharmacist will want to medicate and a chiropractor will use spinal manipulation. None of them is the only answer. Find out not only what you believe, but what treatment is best suited to your needs."

I know that abortion is an option. You may be tempted in that direction, but I don't recommend it. Remember that many who advocate this will not have to deal with the long-term emotional issues that come with it.

Always try to find guidance and support from people who are, on average, hopeful. People who feed fear are not the best guides. My circumstances improved when I surrounded myself with people who saw the long-term effects of my decisions. People who helped me to see past my fear and did not want me to live with long-term shame.

Surround yourself with people who will speak life into your journey.



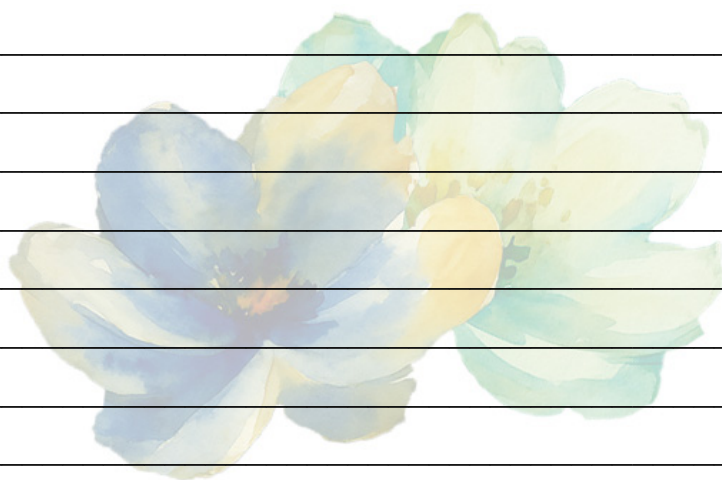
- Who in your life do you trust to help you think things through?

A decorative illustration of two flowers is positioned in the bottom left corner of the page. The flower in the foreground is a vibrant pink with darker pink and purple shading in its center. Behind it is a pale yellow flower with soft, watercolor-like edges. The background of the entire page is white with horizontal ruling lines.

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- What kind of support would make you feel more at peace?

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6.

When the Anxiety Feels Too Much

There were days when my rising panic seemed to take on a life of its own, like a perfect storm, with seas threatening to capsize me. I felt like I needed to escape ... but to where? Pins and needles shot up my arms and it was hard to breathe. Sometimes emotions can feel overwhelming, almost impossible to manage.

I learned over time that taking small steps to manage your mindset helps. Changing my state meant getting up and moving. I would often walk outside the house for a few minutes before venturing back in to tackle the next task. Journaling, breathing, supplements and soothing teas became my go-to remedies. I developed a list of calming practices that I knew worked for me and every time I felt those emotions try to overtake me, I would step into my mindset routine.

Remind yourself that this won't last forever and start setting a plan in motion to help you manage your emotions. Try talking to a trusted friend or even calling an Anxiety and Depression Helpline to speak to one of their counsellors.

Sometimes you want anonymous support. That is when a helpline can support you. But be clear on what your values are upfront. For example, when I first reached out to a helpline, I did not tell them that my own history of adoption made me want to keep the child. The counsellor immediately suggested adoption, but my personal values made me unreceptive to his advice.

There are no one-size-fits-all options, but catastrophising does not help. It is a trick your brain plays, making you believe the worst possible outcome will happen, even when it's unlikely to happen. When you believe this, it increases your risk of making a decision that may solve a short-term problem but lead to long-term negative consequences. Your emotions are tools to alert you of potential danger, so you can start making plans. They are not predictors of

outcomes.

Know that many of the things we imagine do not happen, but even if they do, you will get through them. This may seem impossible now, but that is just your fear speaking. When you develop a routine of emotional mastery, the



Journal

- What is one thing that brings you a sense of calm, even for a moment?

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Journal

- What words of reassurance would you want to hear right now?

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7.

Hope for the Future: You Will Get Through This

I felt that my world was upside down. This entire journey was not part of the plan. It was not the right time and it grew clearer with every encounter that this was not the right person to be a father to my child. Nothing was certain anymore. I did not know where I was going to live, who was going to help me through this and how I was would ever be able to afford caring for a child.

The thought flickered across my mind that perhaps I was insane to keep this baby. After all, what did I have to offer? My biological mother had given me up. Perhaps this was a better solution. Yet I knew without a doubt that I could not do that. This certainty did not change my circumstances, however.

I was as close to living on the streets as you could be. I had no savings, no job and was trying, against all odds, to start a business with nothing. I was struggling. And while that determination gave me a sense of purpose, it didn't change my circumstances. I was still deeply in need, alone and unprepared.

It took many years for me to realise that this kind of situation is not unique to unplanned pregnancy. Life is about change. Your relationships will change, your job will change and you will suffer many losses and enjoy many triumphs.

From the day you first learned to walk, talk, ride a bicycle and write the letters of the alphabet, you had to fail and start again. With each step into the unknown, you grow stronger. You may not realise it yet, but this journey is refining you and growing you. You were designed to face challenges and keep growing.

Granted, the stakes of this game are far higher and the outcomes are more complex than in many other circumstances. But day by day, each decision you take will strengthen and grow you. You are already a parent. And all new parents fret and worry about the future. Some parents start as couples and

end up as singles. Some start as single parents and find the love of their life later. Nothing is certain except that opportunities to test and refine you will come and you will be changed in the process.

Make this an opportunity to grow well. There is a future beyond this moment. You will get through this and there will be joy and light ahead.



Handwriting practice area with 20 horizontal lines.

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- Imagine yourself a year from now. What would you want to tell yourself today?

[illegible]

Notes and Doodles

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My Prayer for You



I do not know what religion you grew up with. You may be spiritual, rather than a follower of a pre-set religion. Or you may be an agnostic. Just know that finding strength in a higher power can help during a tough season.

I can only speak from my spiritual perspective. This is my prayer for you, should you wish to accept it. Please change it to meet your needs.



A Prayer When I'm Not Sure I Can Do This

Sometimes I'm scared and feel alone,
Like I've been dropped into the unknown.
You made my heart, so I know You see
This mess of fear inside of me.

They say this life should feel like light,
But all I feel is fight or flight.
I smile, but deep inside, I ache
It feels like more than I can take.

Sleep is hard, my thoughts won't rest,
I keep this weight inside my chest.
Please meet me here, right where I am,
With open hands and not a plan.

Give me the strength to ask for aid,
To speak the truth when I'm afraid.
Help me believe that You still see
A path ahead, for this child and me.

I don't feel brave, or strong, or wise,
But maybe that's no surprise.
You work through doubt and shattered things
And somehow still bring hope on wings.

I'm not a warrior, not just yet.
But maybe You're not done quite yet.
So teach me how to take a stand,
Even with a shaking voice and hand.

This isn't what I would have planned,
But here I am, please help me stand.
I don't know how this all will end,
Please walk with me, my unseen friend.

Amen.



About the Author

Kim Vermaak is living proof that a difficult, unplanned pregnancy in adverse circumstances is not the defining circumstance of your life. She is also proof that postnatal depression is real, but can and will heal. Neither of these states is permanent. Neither defines your future. They are simply steps on your journey.

In 2002, Kim faced the overwhelming shadow of postpartum depression after the birth of her first child. What followed were three more pregnancies marked by emotional turbulence, inner battles and the crushing silence of a struggle few understood. But her story did not end in the dark. She found her voice and now helps others find theirs.

Today, Kim is a published author, book coach and founder of Write Learn and Earn, a platform that empowers coaches, speakers and leaders to share their stories and build legacies through books. She is also the host of the Write Learn and Earn Show, where she highlights the stories of courageous individuals creating impact through their words.

In her mission to support women in the early stages of emotional crisis, Kim created the Seven Letters Journal – a powerful guided reflection tool for women facing pregnancy crisis. Through this work, she stands as a voice of hope for women trapped by fear and surrounded by people who may lack the skills to empower them.

In *Taming the Monster*, Kim extends a lifeline to mothers and fathers going through postpartum depression, drawing from her personal experience. Her heartfelt message: Debilitating postpartum depression does not mean you are broken. It means you are human. And healing is possible.

Kim's journey from pain to purpose continues to inspire.

Visit www.tamingthemonsterofpostpartumdepression.com to learn more about her work, access resources, or book Kim for a speaking engagement.





Organisations that Support Women

Although we made every effort to ensure accuracy, some information may not be current. Should you find that any of the details are out of date, please push through and find the right support in your area.

Australia

Pregnancy Crisis Incorporated

Pregnancy Crisis Incorporated is a not-for-profit charity offering support for pregnant women and their babies in crisis or experiencing an unplanned pregnancy. They provide assistance to help women navigate their options and access the necessary resources.

Website: pregnancycrisis.com.au

Email: pci777@bigpond.com

Phone: 1300 777 777

Pregnancy Help Australia

Pregnancy Help Australia offers free, confidential support to women experiencing unplanned pregnancies. Their trained consultants provide a safe, non-judgmental space to explore options and make informed decisions.

Website: pregnancyhelpaustralia.org.au

Phone: 1300 139 313 (24/7 National Helpline)

New Zealand

Pregnancy Choice (Kukunetanga Kōwhiri)

Pregnancy Choice is a New Zealand-based non-profit organisation offering free, confidential support to women facing unplanned pregnancies. They provide information on parenting, adoption and other options, aiming to empower women to make informed decisions in a supportive environment.

Website: pregnancychoice.org.nz

Email: mail@pregnancychoice.org.nz

Phone: 0800 773 424

New Zealand

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Website: pregnancychoice.org.nz

Email: mail@pregnancychoice.org.nz

Phone: 0800 773 424

Pregnancy Help Inc: Hapai Taumaha Hapūtanga – Crisis Pregnancy Support

Pregnancy Help Inc. is a New Zealand non-profit organisation offering free, confidential support to women facing unplanned pregnancies. They provide practical assistance, emotional support, and information to empower women to continue their pregnancies and prepare for parenthood.

Website: pregnancyhelp.org.nz

Email: national@pregnancyhelp.org.nz

Phone: 0800 773 462

South Africa

Child Welfare South Africa

Child Welfare SA Gauteng is a non-profit organisation dedicated to protecting and promoting the well-being and rights of children and their families. They offer support services, including adoption assistance, to ensure every child grows up in a safe, nurturing environment.

Website: childwelfaresagauteng.org

Email: info@childwelfaresagauteng.co.za

Phone: +27 63 617 0717

Embrace

Embrace is a South African movement that supports and celebrates motherhood. Through storytelling, community initiatives and advocacy, Embrace connects mothers, amplifies their voices, and fosters a society where every mother feels valued, supported and empowered.

Website: embrace.org.za

Email: info@embrace.org.za

Phone: +27(0)21 670 9840

WhatsApp: +27(0)66 320 4477

Impact Baby Rescue

Impact Baby Rescue offers compassionate 24/7 support to women in crisis pregnancies, providing counselling, safe alternatives to abandonment and care for rescued infants until adoption. Their mission is to prevent abandonment and ensure that every child finds a loving home.

Website: impactafrica.org

Email: office@impactafrica.org

Phone: +27 82 454 8787

SADAG – South African Depression and Anxiety Group

SADAG provides 24/7 mental health support, including free counselling and crisis helplines. They assist women facing unplanned pregnancies with emotional support, connecting them to resources and over 180 support groups nationwide.

Website: sadag.org

Email: info@embrace.org.za

Phone: +27(0)21 670 9840

WhatsApp: +27(0)66 320 4477

United Kingdom

Amber Crisis Pregnancy Care

Amber offers free, confidential support to anyone facing tough decisions about an unplanned pregnancy. Their trained advisors provide a safe, non-judgmental space to explore your options and make informed decisions.

Website: amberpregnancy.com

Email: contact@amberpregnancy.com

Phone: 020 8462 9990

Choices

Choices Pregnancy Centre offers free, confidential support for women and men facing unplanned pregnancies or baby loss. Their trained advisors provide a safe, non-judgmental space to explore options and make informed decisions.

Website: choicespregnancycentre.co.uk

Email: contact@choicespregnancycentre.co.uk

Phone: 07566700047

Life Charity: Pregnancy Matters™

Life Charity offers nationwide support through its Pregnancy Matters™ service, including free counselling, housing assistance, baby supplies and emotional support for anyone facing an unplanned pregnancy. Help is available via phone, text, email, or in person.

Website: lifecharity.org.uk

Email: help@lifecharity.org.uk

Phone: 0808 802 5433

Pregnancy Crisis Care (Plymouth & SE Cornwall)

Pregnancy Crisis Care offers free, confidential counselling and support for unplanned pregnancies, post-abortion recovery and baby loss. Their trained team provides a safe, non-judgmental space to explore your options and emotions.

Website: pregnancycrisiscare.org.uk

Email: contact@pregnancycrisiscare.org.uk

Phone: 01752 246788

The Oasis Crisis Pregnancy Centre (Horsham, West Sussex)

Oasis provides compassionate, independent support for those facing decisions around unplanned pregnancies. Services include pregnancy testing, counselling and post-abortion or baby loss support, all offered in a confidential and caring environment.

Website: theoasis.org.uk

Email: info@theoasis.org.uk

Phone: 01403 272723

USA**American Pregnancy Association**

The American Pregnancy Association provides information and support for women facing unplanned pregnancies. They offer guidance on prenatal care, financial assistance and other resources to help women carry their pregnancies to term.

Website: americanpregnancy.org

Email: questions@americanpregnancy.org

Phone: 1-800-672-2296

Birthright International

Birthright offers free, non-judgmental support to women facing unplanned pregnancies. Services include pregnancy tests, referrals to medical services and ongoing support throughout pregnancy and beyond. They have centres across the US and provide 24/7 assistance.

Website: birthright.org

Email: contact@birthright.org

Phone: 416-469-4789

Embrace Grace

Embrace Grace connects women experiencing unplanned pregnancies with local church-based support groups. They offer emotional support, practical resources and a community to help women choose life and find hope.

Website: embracegrace.com

Email: info@embracegrace.com

Phone: 817-755-8484

Pregnancy Resource Center

The Pregnancy Resource Center (one in Salt Lake City, one in American Fork Location) offers free and confidential services, including pregnancy testing, ultrasounds, counselling, and support for women choosing to continue their pregnancies. They provide resources to assist with parenting and adoption planning.

Website: pregnancyresource.net

Email: info@pregnancyresource.net

Phone: English: 801-363-5433 | Spanish: 801-935-4300

Project Cuddle

Project Cuddle is a non-profit organisation dedicated to preventing baby abandonment. They provide pregnant women with alternatives, including shelter, medical care and support, to help them keep their babies or find adoptive families.

Website: projectcuddle.org

Email: info@projectcuddle.org

Phone: 1-888-628-3353 (24/7 Helpline)

Nappy Support in South Africa

ABBA Adoptions

ABBA Adoptions supports children and families through adoption services. They welcome donations of newborn nappies, reusable towel nappies and other baby essentials to create care bags for vulnerable children.

Website: abbaadoptions.co.za

Email: jeana@abbaadoptions.co.za (Tshwane), tilda@abbaadoptionwc.co.za
(We+27 (0)82 783 3374 (Gauteng/National)

Phone: +27 (0)74 7392148 (Western Cape)stern Cape)

Bless a Baby

Bless a Baby is a volunteer-run, donation-based non-profit organisation that supplies packed baby bags to maternity units across various cities. These bags are filled with baby essentials, including nappies, to assist new mothers from historically disadvantaged communities.

Website: blessababy.org

Email: linda@blessababy.org

Phone: 066 051 5581

Hatch Foundation

Based in Cape Town, the Hatch Foundation provides new mothers in underserved communities with newborn essentials, including nappies, through their Hatch bag care packages. Each bag contains at least 16 newborn items to support mothers in the early days.

Website: hatch.org.za

Emails: Please check the website for up-to-date contacts: jacqui@hatch.org.za; christy@hatch.org.za; carri@hatch.org.za

Nappy Run – National Council of and for Persons with Disabilities (NCPD)

Nappy Run is an annual campaign by the NCPD that collects nappies for children and adults with disabilities across South Africa. They prefer donations of children's nappies (sizes small to large) and adult nappies (sizes small to extra-large). Monetary donations, termed "Nappy Rands", are also welcomed for the mission to purchase nappies.

Website: ncpd.org.za/nappy-run

Email: bernadette@ncpd.org.za

Phone: +27 11 452 2774

The Grace Factory

The Grace Factory is a non-profit organisation that provides essential baby items to mothers and babies in need. They accept donations of new or gently used baby items, including nappies, clothing, blankets and more.

Website: thegracefactory.co.za

Email: info@thegracefactory.co.za

Talks about Postpartum Depression by Kim Vermaak

- Taming the Monster KeyNote
- Taming the Monster Workshop for HR
- Taming the Monster for NGOs and Faith-Based Organisations.

Scan the QR Code or click on the link to find out more.



www.tamingthemonsterofpostpartumdepression.com



Seven Letters is a deeply personal journal from Kim Vermaak, author of Taming the Monster: Overcoming Postpartum Depression.

Written for women facing a pregnancy crisis, these letters speak gently into the silence that often follows fear, shame, confusion and loneliness. Kim doesn't offer quick fixes, she offers presence. With raw honesty and tender care, she shares truths that held her in her darkest moments.

Each letter includes reflective questions to help women process their emotions, confront the overwhelm and find clarity.

Seven Letters is not just a journal.

It is a hand to hold when you're not sure how to take the next step.

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