



[Department](#)
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Guidance

Historic forced adoption: information and support

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Applies to England

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Historic forced adoption

Many women were coerced or misled into having their children taken for adoption, particularly between 1949 and 1976.

The Prime Minister has [issued an apology](#) on behalf of the UK Government recognising the role of the state and some public institutions in these practices in England, and the lasting harm caused to mothers, adopted people, and families.

Listening services

Speak to someone about any issues around forced adoption.

FamilyConnect

[FamilyConnect](#) offers confidential support, including counselling, record tracing, and help with reunification.

Telephone: 0300 1800 205

Opening times: Monday 3pm to 6pm, Tuesday 11am to 2pm and Thursday 1pm to 7pm

Samaritans

You can call [Samaritans](#) free from any phone if you are in emotional distress.

Telephone: 116 123

Welsh language: 0808 164 0123

Opening times: Available across the whole of the UK 24 hours a day, 7 days a week

GP

Speak to [your GP](#) for help accessing further support.

Help finding your adoption records

There are several services that can help you trace your records:

- [FamilyConnect](#) provides a national intermediary service to help locate records and support contact, where appropriate
- [CoramBAAF](#) is developing a central resource to improve access to record-holding organisations. While this is in development, help to find records can be found at [Adoption Search Reunion](#)

If you know which organisation holds your records (such as a local authority or agency), you can contact them directly.

Missing records

In some cases records may have been lost or destroyed.

To prevent this in the future, we are [consulting on increasing the retention period for adoption records](#) so that existing adoption records will be kept for up to 100 years.

Help from NHS services

Contact your GP if you need help.

We are working with partners across NHS England services to improve support, including:

- mental health support: your GP can refer you to NHS talking therapies or specialist services where appropriate
- better awareness in healthcare: information will be shared with GP practices to improve understanding of the needs of people affected by historic adoption practices

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