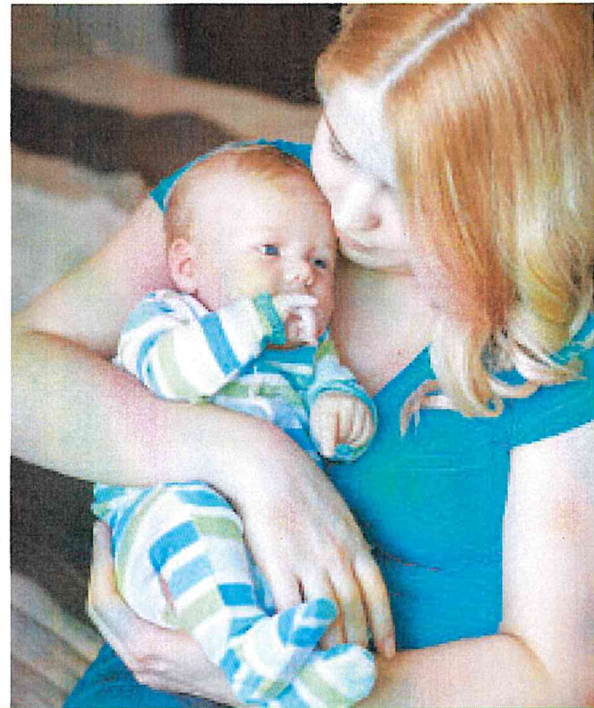




Are you pregnant or have a baby and feeling low, anxious, alone?



Talk & support, mum to mum



'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence - as a mum and in myself.'

'Everyone there has been through similar things - it feels like a family.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

nct 1ST 1,000 DAYS
NEW PARENT SUPPORT

For more information text/call Catherine on: 0770 290 0894
or email: parentsinmind.nw@nct.org.uk

Registered charity in England and Wales: 303245 and Scotland: SC041592



Parents in Mind Referral Information and Form

What do the Parents in Mind Peer Supporters do?

Our trained and well supported volunteer peer supporters are available to offer free emotional support to pregnant women and new mums with a child under two who are experiencing antenatal or postnatal mental health difficulties. They primarily offer support as part of a group – locations and times vary across the region. They can offer 1:1 support within a public space in some circumstances.

The support is recovery focussed, utilising an empathic and strengths based listening approach with the aim of supporting the woman:

- in reducing stigma around mental health difficulties by offering a safe space to speak about how she feels
- by normalising some of the inherent difficulties which occur when transitioning into motherhood
- to improve her mental wellbeing and increase her confidence and self esteem
- to seek friendship and reduce a sense of isolation
- to find out about and access other services and support as appropriate

Parents in Mind is hosted by volunteers who have past experience of mental illness, and is a 'low intensity service' for women aged 16 years or over with mild to moderate mental health difficulties.

Who is Parents in Mind for?

Any woman who is struggling emotionally (i.e. feeling low, anxious) in pregnancy and/or up to two years post birth who lives within/is registered with a GP practice in Halton or St Helens.

Who can refer to Parents in Mind?

Any health or social care professional can refer women to the service. Women can also refer themselves, or another family member can refer them. The consent of the woman is required for referral.

What happens after a referral is made?

All women referred will be contacted by the Parents in Mind Local Project Manager within ten days of the referral being received by telephone/email. A referral meeting will be arranged to talk through the service and set up support. Each woman referred will be reassessed again every eight weeks to monitor progress and support signposting to ongoing services where necessary.

Are there any exclusions?

Parents in Mind is only available to pregnant women and new mums age 16 and over, within two years of baby's birth.

Parents in Mind is only available to women who are residents of/are registered with a GP in Halton or St Helens.

It is not a crisis service. If the referral requires immediate support, please contact the relevant assessment team - Halton: 0151 422 6804, St Helens: 01744 621 688.

Women should be experiencing mild-moderate mental health difficulties to access Parents in Mind. For ladies experiencing moderate to severe difficulties, please contact the North West Boroughs Healthcare specialist perinatal mental health team on 01925 275 303.

Please also consider IAPT if the woman is in need of a more structured/intensive support.



Referral Form

For all enquiries relating to referrals please contact Catherine Briars on 07702 900894

Please send referrals to parentsinmind.nw@nct.org.uk

Date of referral:.....

Has consent been given by the client? Yes

Name of the expectant or new parent:.....

Address:.....

.....

Postcode:.....

Contact telephone number:.....

Email:.....

DOB:.....

Ethnicity:.....Language(s) spoken:.....

Country of origin:.....

Disability:.....

EDD (if antenatal):.....

Baby's DOB (if postnatal):.....

First pregnancy/baby YES / NO Number of existing children:.....

Next of kin: (name).....(contact number).....

(relationship).....

Referrers Details

Name:.....Relationship:.....

Telephone:..... Email Address:.....

How did you hear about PiM?