

Supporting new and expectant parents and their families mental health and wellbeing

An early intervention and prevention guide that provides information on organisations and resources across Greater Glasgow & Clyde that offer support to new or expectant parents and their families with mental health and emotional wellbeing issues

All services and supports are free

PANDAS GLASGOW SOUTH

Where: Pollok Library
Referral: Drop in 1st & 3rd Saturday of every month between 10.30am and 12pm.
Contact: 07434 695167 or Facebook @Glasgowsouthpandas

3DDRUMCHAPEL

Where: Drumchapel Community Centre, 320 Kinfauns Drive, G15 7HA
Referral: Self or professional
Contact: 0141 944 5740
Facebook @3DDrumchapel

HOMESTART

- Where: Renfrewshire/Inverclyde:** 70 Back Sneddon Street, PA3 2BY **Contact:** 0141 889 5272
 - Where: South:** 2025 Pollokshaws Road, G43 1NE **Contact:** 0141 570 8735
 - Where: North:** 35 Avenuepark Street, G20 8TS **Contact:** 0141 948 0441
- Referral:** Self or professional

BARNARDO'S PAISLEY THREADS

Where: 4 Lochfield Road, Paisley, PA2 7RG
Referral: Self or professional
Contact: 0141 884 6696

BARNARDO'S NURTURE

Where: 9 Terrace Road, Greenock PA15 1DJ
Referral: Self or professional
Contact: 01475 728493

CHILDREN 1ST GLASGOW SUPPORTING FAMILIES SERVICE

Where: Unit 8000, Academy Park, Gower Street, G51 1PR
Referral: Self or professional
Contact: 0141 419 1150

CAFE STORK

- Where: Bridgeton:** Church House, 22 Queen Mary Street, G40 3BB
 - Where: Royston:** Rosemount Lifelong Learning, 102 Royston Road, G21 2NU
 - Where: Parkhead:** Congregational Church, 77 Westmuir Street, G31 5EW
- Referral:** Drop in session for new or expectant parents, grandparents or carers. Lunch provided.
Contact: 0141 232 0168 for info on days & dates.

EAST DUNBARTONSHIRE ASSOCIATION FOR MENTAL HEALTH

Where: 24 Crossveggate, Milngavie, G62 6RA
Referral: Self or professional
Contact: 0141 955 3040 www.edamh.org.uk

STEPPING STONES

Where: 78 Whitcreek Street, G81 1QF
Referral: Self or professional
Contact: 0141 941 2929 www.stepstones.org.uk

PEER AND FAMILY SUPPORT

A range of supports from talking to others who have similar experiences to your own and/or a range of family/parent/child activities

TALK IT OVER

Where: Paisley Abbey, PA1 1JG
Referral: Drop in every Tuesday 10.30am-12pm (Term time only). Mums only. Free crèche facilities.
Contact: 07969 351318 FB @Talkitoverpaisley

RECOVERY ACROSS MENTAL HEALTH

Where: 21 Carlibar Road, Glasgow G78 1AA
Referral: Self or professional
Contact: 0141 881 8811 www.ramh.org

MIND MOSAIC

Where: 30 Nelson Street, Greenock
Referral: Self or professional
Contact: 01475 892208 www.mindmosaic.co.uk

SAFE HARBOUR

Where: 2A Newton Street, Greenock.
Referral: Self or professional
Contact: 0141 221 3003 www.safeharbour.org.uk

RECOVERY ACROSS MENTAL HEALTH

Where: 41 Blackstoun Road, PA3 1LU
Referral: Self or professional
Contact: 0141 847 8900 www.ramh.org

- Glasgow
- Renfrewshire
- East Renfrewshire
- East Dun
- Inverclyde
- Board Wide
- West Dun

1 TO 1 SUPPORT

1 to 1 counselling or support for those struggling to cope with everyday stress or feeling anxious or depressed

LIFELINK

Where: Venues across Glasgow City
Referral: Self or professional
Contact: 0141 552 4434 www.lifelink.org.uk

CROSSREACH BLUEBELL*

Where: Hubs across Glasgow
Referral: Self or professional
Contact: 0141 221 3003 www.crossreach.org.uk

RUCHAZIE FAMILY RESOURCE CENTRE

Where: 26 Avondale Street, G64 1AU
Referral: Self or professional
Contact: 0141 774 8202

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* Please note Bluebell offer a donation based service, clients only donate what they can afford.

SPECIALIST SERVICES

NHSGGC Community Perinatal Team

Provide a specialist service to women living and attending any maternity hospitals in NHSGGC. Cares for women with moderate to severe mental illness seeking pre-pregnancy advice or are pregnant and who are referred within 6 months of the postnatal period, and may remain involved up to 12 months postnatal. Accept referrals from a wide range of professionals.

Provide an advice line for professionals to discuss referrals, available weekdays (except Wed) from 9.30am to 12.30pm on **0141 211 6500**.
www.nhsggc.org.uk/perinatalmentalhealthservice

Family Nurse Partnership (FNP)

A home visiting programme for first time parents aged 19 or under that aims to enable them to have improved pregnancy outcomes and improved child health and development. FNP also helps young parents and their families' achieve their goals and aspirations. Young women are notified to us by the midwife and during pregnancy and a specially trained Family Nurse develops a trusting relationship from early pregnancy until the baby is 2 years old. Anyone can notify us including the young woman herself. The FNP also delivers the Healthy Children's programme.

For more information contact
GGCFamilyNursePartnership@ggc.scot.nhs.uk

WHAT IS MATERNAL AND PATERNAL MENTAL HEALTH?

Maternal and paternal mental health refers to parent's mental health during pregnancy and the first year after birth.

This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period.

These illnesses can be mild, moderate or severe, requiring different kinds of care or treatment.

This guide aims to encourage early intervention and prevention and avert crisis from happening.

TOP TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH

Be open and honest: about how you are feeling with your partner, family, friends and health professionals. It's ok not to be ok.

Talking: to a supportive trusted adult is good for our mental health. If you feel things are building up talk to your GP, health visitor or midwife.

Connect: you may have less social time and not see many people. Find out what is available in your community to provide social contact with other parents.

Looking after yourself: take care of yourself, and have some 'me' time to do the things that you enjoy. If you feel good, you'll feel more able to manage and care for your baby.

Accept any help offered: it's hard being a parent 24/7 and you're allowed time off. You will feel more able to manage and care for your baby.

USEFUL WEB & TEL SUPPORTS

Perinatal Mental Health Scotland
www.pmhn.scot.nhs.uk

Fathers Network Scotland
www.fathersnetwork.org.uk

PND and Me www.pndandme.co.uk

Samaritans T: 116 123

Free and confidential support to anyone, any age.

NHS Living Life: T: 0800 328 9655

A free telephone based service for people over the age of 16 feeling low, anxious or stressed.

Breathing Space: T: 0800 838 587

A free, confidential phone and web based service for people experiencing low mood, depression or anxiety.

RESOURCES

Mood Disorders during pregnancy and after the birth of your baby: a booklet for women and their families
Download from: www.sign.ac.uk/assets/pat127.pdf

Maws: our journey with perinatal mental health
Find video at: www.mindreel.org.uk

Ready Steady Baby: a guide to pregnancy, labour and birth and early parenthood up to 8 weeks
Download from: www.nhsinform.scot/ready-steady-baby

Healthy Minds: a guide to protecting and promoting good adult mental health:
Order from www.phrd.scot.nhs.uk

Women and Families Maternal Mental Health Pledge
Download from: www.nhsinform.scot

TRAINING AND AWARENESS RAISING

Understanding Maternal Mental Health & Maternal Mental Health: the woman's journey (e-modules)
Access via www.knowledge.scot.nhs.uk

Healthy Minds: An introduction to Maternal Mental Health Awareness Session:
www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health

STILL CONCERNED?

If you are concerned about an individual's mental health and wellbeing and feel they may be in distress, the GP should be their first point of contact, if you feel the individual is in immediate danger please call 999.

For further information on this guide contact
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