

MEDICINES



www.medicinesinpregnancy.org



www.choiceandmedication.org/nhs24

Name of suggested medication:

MATERNAL and INFANT MENTAL HEALTH



www.rcpsych.ac.uk/mental-health



Mood disorders during pregnancy and after the birth of your baby (SIGN Patient booklet)

www.sign.ac.uk/pat127-mood-disorders-during-pregnancy-and-after-the-birth-of-your-baby.html



www.app-network.org/what-is-pp/app-guides



Ready Steady Baby!

<https://www.nhsinform.scot/ready-steady-baby>

SUPPORT SERVICES

Maternal Mental Health Scotland

www.maternalmentalhealthscotland.org.uk

MMHS Change Agents-Facebook page

Search [maternalmentalhealthscotlandchangeagents](https://www.facebook.com/maternalmentalhealthscotlandchangeagents)

Lifelink

www.lifelink.org.uk

Mind Mosaic (Inverclyde)

www.mindmosaic.co.uk

Mellow Parenting

www.mellowparenting.org

Bipolar Scotland

www.bipolarscotland.org.uk

Scottish Association for Mental Health

www.samh.org.uk

Sandyford sexual health service

www.sandyford.org

Breathing Space

www.breathingspace.scot Tel:0800 83 85 87

Relationships Scotland

www.relationshipscotlandglasgow.org.uk

Bluebell PND Service

www.crossreach.org.uk/our-locations/crossreach-bluebell-perinatal-service

SMARTPHONE & TABLET APPS

Baby Buddy	www.bestbeginnings.org.uk/baby-buddy
Headspace mindfulness and meditation	www.headspace.com

ONLINE SUPPORTS

NHS 24 Living Life: Cognitive Behavioural Therapy (CBT) telephone service
www.nhs24.scot/our-services/living-life

Living Life to the Full: CBT Life Skills Online course
www.llttf.com

South Glasgow Wellbeing: Self-help resources and materials for a range of difficulties.
www.wellbeing-glasgow.org.uk

Parent Club: Help and advice for new parents
www.parentclub.scot

Northumberland, Tyne and Wear NHS Trust: Self-help guides
www.ntw.nhs.uk/pic/selfhelp

Beyond Blue
www.beyondblue.org.au

MoodJuice: Help to think about emotional problems and work toward solving them
www.moodjuice.scot.nhs.uk

MoodGYM: A free interactive program consisting of five modules
www.moodgym.anu.edu.au

Mindfulness: Learn the skill of mindfulness for free. Useful for low mood & anxiety/stress
www.bemindful.co.uk

Get self help: CBT self-help information, resources, worksheets & handouts
www.getselfhelp.co.uk

Maternal OCD
www.maternalocd.org

Urgent access to mental health services – available 24hours per day

Working hours: Your GP can refer you to the local community mental health team (CMHT) or Crisis Intervention Team

Out of hours: Call NHS24 on 111
Out of Hours CPN service for patients known to a CMHT, call 0845 650 1730

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