

How to access our service

If you feel that our service could be helpful to you, please contact your midwife, health visitor or GP, who can refer you by completing a referral form telling us a bit about you and your baby and your reasons for wanting to use our service. Please note this is not a self-referral service. Information is treated confidentially within your health care team. There is no cost for this service, which is funded by Bright Start in the children's centres and the NHS.

If you have to cancel your appointment or contact the service, please contact our reception team [02033161824](tel:02033161824). Or website is www.whittington.nhs.uk/camhs

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Parent and Baby Psychology Service Information for Parents



Mental wellbeing issues in pregnancy and early parenthood are common and affect many new mums and dads. They can affect people with no history of mental health problems as well as those who have. Find the support you need as soon as you can. Everyone is different, so try to find what's right for you. We asked people with experience of perinatal mental health problems, and they said:

- Tell someone you trust – this could be family, friends, or a health professional. You may have to try more than one person.
- Be the best parent you can – don't try to do too much.
- Look after yourself – think about what makes you feel good e.g. exercise, art, time alone, seeing friends.
- Accept help if offered and ask for it if you feel you can.
- Don't be afraid to ask your GP, midwife, or health visitor about getting help. They can make a referral to our service to support you with how you are feeling and help you bond with your baby.

Our service

We are a team who offer brief psychological interventions for parents expecting a baby, and parents with a baby under one, who are finding the transition to parenthood challenging. The service provides a safe place for mums and dads to share in confidence their thoughts and feelings about becoming a parent. The main aim of our service is to help parents improve their emotional well-being and enable them to develop positive relationships with their baby.

Common difficulties

The adjustment to parenthood can be difficult to understand and cope with at times. Difficulties can show in different ways and parents come to our service with any of the following:

- Low mood and depression, which is having an impact on coping and feelings about themselves as a parent
- Anxiety, in the form of worries, panic, fears, obsessions or perhaps sleep difficulties
- Issues to do with bonding with their baby
- Losses and gains, such as change in role and loss in relation to work, socialising or other aspects of life
- Parents' own memories of being parented that may be difficult or upsetting and hopes for parenting differently

What to expect in your appointments with us

Your initial assessment will last for about an hour. You will be asked about your concerns and how they affect you, your relationship with your baby and your family, and what you would find helpful from the service. We will meet with you and your baby for an average of 6-12 sessions. We will also think with you about whether it would be helpful for your partner, co-parent or someone that supports you to join us for a session.

What do parents say about the service?

“It was a pleasure to work with my therapist. She had a calm manner and took the time to listen. She helped me identify my areas of need and opportunities to change some of the issues I was facing as a parent. My wife and I are very grateful for the service and support we received - THANK YOU!”

“A wonderful service which helped me re-gain my mental sanity. It allowed me to employ coping mechanisms and solutions to problems. It helped me address key issues and how to manage if they spiralled out of control. I strongly believe it helped to prevent post-natal depression”

“Overall great experience, very insightful and helped me feel much better about myself and being a mother. The therapy provided helpful reflection and perspective and changed my negative thought spiral, my therapist made me feel understood and listened to which was very comforting”