

How to refer

To refer a referral form should be completed and sent by email to whh-tr.icamhs@nhs.net (please email to request a form if needed).

If you would like to discuss a referral beforehand, please contact our team on 020 3316 1824. If you are a health visitor, you can also discuss in the consultation groups.

We are based at the Northern Health Centre, within Islington CAMHS. Our 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 Referrers



About our service

We offer brief psychological interventions for parents expecting a baby and with a baby in the first year who are struggling with the transition to parenthood. We provide a safe place for mums and dads to share in confidence their thoughts and feelings about becoming a parent. We aim to improve the emotional well-being of parents and to enable them to develop positive relationships with their baby.

We ask parents to bring their babies to appointments, and encourage partners and co-parents to join some sessions. We meet families in health centres and children's centres, for an average of 6-12 sessions. We will liaise closely with health visitors, midwives, GPs and children's centre staff where appropriate. This service is funded by Bright Start in children's centres and the NHS.

Who is the service for?

Our clients are mums and dads expecting a baby, and with a baby up to the age of one, who are finding the adjustment to parenthood difficult. This may show in any of the following ways:

- 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

If parents have severe post-natal depression or chronic or severe mental health problems, you should refer instead to the Perinatal Mental Health Team. As a community psychology service, we are not able to offer the multidisciplinary treatment package needed by parents with more complex difficulties, such as medication, psychiatric assessment or inpatient facilities. When appropriate, we work alongside the Perinatal Mental Health Team to provide a package of care for parents.

Who can refer?

We accept referrals for families with an Islington GP and health visitor. Referrals can be made by GPs, health visitors, midwives, and adult mental health professionals. We do not accept self-referrals. If you are concerned about a family, please contact the health visitor or midwife in the first instance to clarify their involvement; namely screening and listening visits.

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"