

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



This early intervention and prevention guide provides information on organisations and resources available across Greater Glasgow and Clyde and wider that provide mental health support to new and expectant parents and their families.

- Glasgow
- West Dunbartonshire
- East Renfrewshire
- East Dunbartonshire
- Renfrewshire
- Greater Glasgow and Clyde
- Inverclyde

All supports and resources are free to access

1 to 1 support

Organisations that offer confidential 1 to 1 counselling or support sessions for those struggling to cope with everyday stress or feeling anxious or depressed.

Crossreach Bluebell

Where: Tom Allan Centre, 23 Elmbank Street, G2 4PB
Referral: Self or professional
Contact: ☎ 0141 221 3003
 🌐 www.crossreach.org.uk

Connections Bluebell

Referral: Self or professional (Health Visitor or Midwife)
Contact: 📧 Bluebell@crossreach.org.uk
 For self-referrals contact Bluebell directly on ☎ 0141 221 3003

Lifelink

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

MindMosaic Counselling and Therapy

Where: 7 Union Street, Greenock PA16 8JH (delivery throughout the Inverclyde area)
Referral: Self or professional
Contact: ☎ 01475 892 208
 🌐 www.mindmosaic.co.uk

Recovery Across Mental Health Causeway

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

Recovery Across Mental Health

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

Stepping Stones

Where: The Social Economy Centre, Ground Floor, 63 Kilbowie Road, G81 1BL
Referral: Self or professional
Contact: ☎ 0141 941 2929
 🌐 www.stepstones.org.uk

Peer Support and Family Support

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

3D Drumchapel

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

Barnardo's Nurture and Threads Growing Together Project

Referral: Professional
Contact: Renfrewshire ☎ 0141 884 6696
 Inverclyde ☎ 01475 728 493

Dads Rock

Where: Scotland-wide
Referral: Self or professional
Contact: ☎ 07807 498 709 🌐 www.dadsrock.org.uk

Home-Start Glasgow North

Where: Glasgow North Home-start, 35 Avenuepark Street, G20 8TS
Contact: ☎ 0141 948 0441
 🌐 www.homestartgnnl.org.uk

Home-Start Glasgow South

Where: Glasgow South, 2025 Pollokshaws Road, G43 1NE
Contact: ☎ 0141 570 8735
 🌐 www.homestartglasgowsouth.org.uk

Home-Start Renfrewshire

Where: St James House, 25 St James Street, PA3 2HQ
Contact: ☎ 0141 889 5272
 🌐 www.home-start-renfrewshire.org.uk

*Referrals to all Home-Starts can be self or professional

Home-Start Inverclyde

Where: Suite 1B, Clarence House, 7 Hood Street, Greenock, PA15 1YQ
Contact: ☎ 01475 603 441
 🌐 www.home-start-renfrewshire.org.uk

Glasgow PANDAS

Where: Turf Neighbourhood Hub, 1618 Paisley Road West, G52 3QN
Referral: Self
Contact: 📧 glasgowsouthpandas@gmail.com
 ☎ 07951 503 971

Man On Inverclyde

Where: 30 Nelson Street, Greenock
Referral: Self or professional
Contact: 📧 support@manoninverclyde.com

Mental Health Network

Where: 62 Templeton Street, G40 1DA
Referral: Self or professional
Contact: ☎ 0141 550 8417

Mind the Men (18+)

Where: Dundasvale Community Hall & Hillhead Sports Club. Online facilitated meetings via Zoom also. All meetings take place on Monday 7pm-9pm.
Referral: Self
Contact: 📧 mindthemen@gmail.com

Perinatal Support Service

Where: East Dunbartonshire
Referral: GP, Health Visitor or self via Primary Care Mental Health Team
Contact: ☎ 0141 232 8203

Rainbow Families (LGBT Health & Wellbeing)

Referral: Self
Contact: ☎ 0141 225 1767

Quarriers Maternal Wellbeing Service

Where: Quarriers Family Resource Centre, 26 Avondale Street, G33 3QS
Referral: Self or professional
Contact: ☎ 0141 774 8202

Bereavement Support

Baby Loss Retreat

Where: Baltic Chambers, Room 140, 50 Wellington Street Glasgow, G2 6HJ
Referral: Self or professional
Contact: ☎ 07555 467 805

Birthing Support

Amma Birth Companions (also provide 1 to 1 and peer support)

Referral: Self or professional
Contact: ☎ 0141 471 9799
 📧 info@ammabirthcompanions.org
 🌐 www.ammabirthcompanions.org

Helplines

Amina-Women's Muslim Resource Centre
 Supports Muslim and BME women.
 ☎ 0808 801 0301

National Breastfeeding Helpline
 Breastfeeding information and support available 9:30am to 9:30pm every day of the year.
 ☎ 0300 100 0212

LGBT+ Helpline Scotland
 Provides information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT) community. ☎ 0800 464 7000
 Tues, Wed, Thurs (12-9pm) Sun (1-6pm)

NHS Living Life
 A telephone based service for people aged 16+ feeling low, anxious or stressed. Mon - Fri: 9am - 9pm.
 ☎ 0800 328 9655

One Parent Families Scotland
 Support available to lone parents on a range of topics.
 ☎ 0808 801 0323 Mon-Fri 9:30am-4pm

The PANDAS Foundation
 Open to parents and their networks who need support with Perinatal Mental Illness.
 ☎ 0808 1961 776 Mon-Fri 10am - 5pm (excluding bank hols)

Samaritans
 Free and confidential support to anyone, any age.
 ☎ 116 123 Available 24 hrs.

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 a crisis from happening.

Specialist Services

NHS GGC Community Perinatal Team Provide a specialist service to women living within NHS GGC who are experiencing or considered to be at high risk of experiencing moderate to severe mental health difficulties during pregnancy and the postnatal period. The team will also provide a maternity liaison role for women admitted to any of the NHSGGC maternity hospitals. There is an advice line for professionals to discuss referrals, available weekdays (except Wed) from 9:30am to 12:30pm on ☎ **0141 211 6500**

Family Nurse Partnership (FNP)

A programme for first time parents aged 19 or under. The FNP are automatically notified by the midwife after the booking visit at the antenatal clinic. Parents to be can also self refer.

Contact: @ GGCFamilyNursePartnership@ggc.scot.nhs.uk

Wee Minds Matter - The Infant Mental Health Service Glasgow & Clyde

Offers supports to infants and their families during pregnancy to the infant becoming 3 years old, where there are ongoing and persistent concerns about an infant and/or the parent infant relationship. Requests for help are accepted from Midwives, Health Visitors and joint referrals from Social workers and Health Visitors.

Contact: @ Tier4Admin@ggc.scot.nhs.uk

Duty Line: (available to all) open daily 9am-5pm
☎ **0141 201 0808**

Top Tips for looking after your Mental Health

As many as 1 in 5 women and 1 in 10 men are affected by mental ill health during pregnancy and the year after birth.

Be open and honest about how you are feeling

Let your partner, family, friends and health professionals know how are feeling. It's ok not to be ok.

Talking

Talking to a supportive trusted adult is good for our mental health. If you feel things are building up talk to your doctor, 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.

Useful Websites

Childline Young Parents

📄 <https://www.childline.org.uk/info-advice/home-families/family-relationships/young-parents/>

Fathers Network Scotland

📄 <https://www.fathersnetwork.org.uk/>

Heads Up

📄 <https://www.nhs.gov/your-health/heads-up-mental-health-support/>

Inspiring Scotland Perinatal and Infant Mental Health Third Sector Directory

📄 <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>

NHS Inform LGBT Paths to Parenthood

📄 <https://www.nhs.uk/pregnancy/trying-for-a-baby/having-a-baby-if-you-are-lgbt-plus/>

Parent and Infant Mental Health Scotland

📄 <https://pimhs.org.uk/>

Perinatal Mental Health Network Scotland

📄 <https://www.pmhn.scot.nhs.uk/>

PND and Me

📄 www.pndandme.co.uk

Resources and Learning

Ready Steady Baby

A guide to pregnancy, labour and birth and early parenthood up to 8 weeks.

📄 www.nhsinform.scot/ready-steady-baby

Mood Disorders during pregnancy and after the birth of your baby

A booklet for women and their families.

📄 www.sign.ac.uk/assets/pat127.pdf

Maws: Our journey with perinatal mental health

Explores personal accounts of perinatal mental ill health, to encourage shared experiences and better health care support for new mums.

📄 <https://vimeo.com/41236592>

Wellbeing for Wee Ones Campaign

Provides encouragement and expert advice to parents as well as practical ideas involving story-telling, singing nursery rhymes or talking.

📄 <https://www.parentclub.scot/topics/health/wellbeing>

Resources and Learning

Perinatal Mental Health Good Practice Guide

Resource for Health Care Workers, Third Sector Partners, and any community organisations that are in contact with new and expectant parents.

📄 <https://www.nhs.gov/scot/downloads/perinatal-and-infant-mental-health-good-practice-guide-september-2023/>

Training and Awareness Raising

Understanding maternal mental health & Maternal mental health: the woman's journey.

* 📄 <http://www.knowledge.scot.nhs.uk/scormplayer.aspx?pkgurl=/ecomscormplayer/UMMH/>

* 📄 http://www.knowledge.scot.nhs.uk/scormplayer.aspx?pkgurl=%2fecomscormplayer%2fmmh_womans_journey%2f

Healthy Minds: An introduction to Maternal Mental Health Awareness Session (number 9)

* 📄 <https://www.nhs.gov/scot/hospitals-services/services-a-to-z/mental-health-improvement/healthy-minds-resource/>

* copy and paste links to your browser to access

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 or contact NHS 24 on ☎ 111.

If you feel the individual is in immediate danger please call ☎ 999

For information on this guide please contact:

@ ggc.mhead@ggc.cot.nhs.uk