

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



A resource for staff sharing information on a range of organisations and resources across Greater Glasgow and Clyde and wider that provide mental health support to new and expectant parents and their families.

Services and supports are colour coded to represent their localities.

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

All supports and resources are free to access

1 to 1 support

Organisations providing confidential 1 to 1 counselling or support sessions for people who may be struggling with stress, anxiety or low mood

Crossreach Bluebell

Where: Tom Allan Centre, 23 Elmbank Street, G2 4PB
Referral: Self or professional
Contact: ☎ 0141 221 1535
🌐 www.crossreach.org.uk

Lifelink

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

Mind Mosaic

Where: 7 Union Street, Greenock PA16 8JH
Referral: Self or professional
Contact: ☎ 01475 892 208
🌐 www.mindmosaic.co.uk

Perinatal Support via Primary Care Mental Health

Where: East Dunbartonshire
Referral: Self via 🌐 <https://link.webropolsurveys.com/Participation/Public/07290a2d-007f-4051-8eb0-c08e6985342b?displayId=Uni3242250>
Contact: ☎ 0141 232 8203

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

Peer 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/infant activities

Barnardo's Threads

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

Home-Start Renfrewshire

Where: St James House, 25 St James Street, PA3 2HQ
Referral: Self or professional
Contact: ☎ 0141 889 5272

Talk it Over

Where: The Place of Paisley (adjacent to Paisley Abbey), Abbey Close
Referral: Self or professional
Contact: 📘 [Talk It Over Paisley Facebook Page](#)

Home-Start Inverclyde

Where: Suite 1B, Clarence House, 7 Hood Street, Greenock, PA15 1YQ
Referral: Self or professional
Contact: ☎ 01475 603 441 or ☎ 0141 889 5272

The Anchor

Where: 30 Nelson Street, Greenock
Referral: Self or professional
Contact: ✉ support@anchor-scio.co.uk
🌐 <https://anchor-scio.co.uk/>

West Dunbartonshire for Families (Bonhill, Dumbarton, Clydebank Hubs)

Referral: Self or professional
Contact: 🌐 <https://sites.google.com/ourcloud.buzz/wdforfamilies/home>

West Dunbartonshire Wellbeing Website

Info: Local wellbeing information for children, young people, and families
Visit: 🌐 <https://www.wdwellbeing.info/>

Dads Rock

Referral: Self or professional
Contact: 📞 07564 864 998 or visit
🌐 www.dadsrock.org.uk

Glasgow PANDAS

Where: Turf Neighbourhood Hub, 1618 Paisley Road West, G52 3QN
Referral: Self or professional
Contact: 📞 07951 503 971, ✉ pandasglasgow@gmail.com
🌐 <https://www.facebook.com/Glasgowpandas/>

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 Sports Club & West of Scotland Cricket Club, Partick. Online facilitated meetings via Zoom also. All meetings take place on Monday 7pm-9pm
Referral: Self
Contact: ✉ mindthemen@gmail.com

Home-Start Glasgow North

Where: 35 Avenuepark Street, G20 8TS
Referral: Self or professional
Contact: ☎ 0141 948 0441

Home-Start Glasgow South

Where: 2025 Pollokshaws Road, G43 1NE
Referral: Self or professional
Contact: ☎ 0141 570 8735

With Kids

Where: 15 Annfield PI, G31 2XE
Referral: Self or professional
Contact: ☎ 0141 550 5770

3D Families

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

Alcohol and Drugs

Aberlour Intensive Perinatal Service

Where: Southside House, 135 Fifty Pitches Road, G51 4EB
Referral: Self or professional
Contact: 📞 07385 931 368 or ☎ 0141 260 9180

Bereavement Support

Ante-natal Results and Choices

Info: Impartial advice and support if you receive a scan result that shows your baby may not be developing as expected.
Referral: Self or professional
Contact: ☎ 020 7713 7486 text 📞 07908 683004

Baby Loss Retreat

Where: Baltic Chambers, 50 Wellington Street Glasgow, G26HJ
Referral: Self or professional
Contact: 📞 07555 467 805

Crossbasket House

Where: 1299 Govan Rd, G51 4TE
Referral: For those who have experienced loss at the children's and maternity hospitals in Glasgow.
Contact: ☎ 0800 008 6072

Birth and Peer Support

Amma Birth Companions

Referral: Self or professional
Contact: ☎ 0141 471 9799
✉ info@ammabirthcompanions.org

Breastfeeding Support

The Breastfeeding Network Peer Support Service

Where: Online, in person drop in and groups
Referral: Self
Contact: ✉ peersupportglasgow@breastfeedingnetwork.org.uk

Care Experienced

The Village

Where: Virtual/Online
Referral: Self or professional
Website: 🌐 <https://whynottrust.org/the-village/>
Contact: 📞 07850 725 799
✉ hello@whynottrust.org

Young Parents

Young Parents' Support Base

Where: Smithycroft Secondary School 282 Smithycroft Road G33 2QU.
Contact: ☎ 0141 770 8452

Top Tips for looking after your Mental Health

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

Be open and honest

Discuss how you are feeling with your partner, family, friends and health professionals. It's ok not to be ok.

Talking

Talk to supportive trust 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.

Helplines and Online Support

Amina-Women's Muslim Resource Centre. Supports Muslim and BME women. Mon - Fri 10am - 4pm.

☎ 0808 801 0301

Children 1st. Support line offers emotional, practical and financial help Mon- Fri, 9am - 9pm, weekends, 9am - 12pm.

☎ 08000 28 22 33

Crysis. Support for parents and families dealing with babies who cry excessively or have sleep problems. Mon - Sun 9am - 10pm.

☎ 0800 448 0737

Domestic Abuse and Forced Marriage. Support for anyone experiencing domestic abuse or forced marriage. 24 hrs per day.

☎ 0800 027 1234

LGBT Helpline. Information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender community. Tues & Wed 12 - 9pm, Thursday & Sunday 1 - 6pm.

☎ 0300 123 2523

National Breastfeeding Helpline. Information and support available 9.30am to 9.30pm every day of the year.

☎ 0300 100 0212

NHS24 Mental Health Hub. For anyone experiencing mental health distress. Open 24/7, call ☎ 111

One Parent Families Scotland. Support available to lone parents. Mon - Fri 9:30am - 4:00pm.

☎ 0808 801 0323

PANDAS. Support for families affected by a perinatal mental illness. Whatsapp Mon - Fri 9am - 5pm 📞 07903 508334

Pregnancy Sickness Support UK. Emotional and practical support for those suffering with Hyperemesis Gravidarum. Mon - Fri 9am - 5pm.

☎ 0800 055436

Samaritans. Free and confidential support to anyone, any age. Open 24/7 365 days. ☎ 116 123

Tommy's Midwives Helpline. Support for Black and Black Mixed-Heritage women and birthing people in the UK with any aspect of their pregnancy journey. Mon-Fri 9am - 5pm.

☎ 0800 0147 800

Specialist Services

NHS GGC Community Perinatal Team Provide a specialist service to women living in GGC and those attending any of the NHSGGC maternity hospitals. Provide an advice line for professionals to discuss referrals, available weekdays (except Wed) from 9.30am - 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

Maternity and Neonatal Psychological Interventions Team (MNPI)

A small acute-based service for mild to moderate mental health difficulties associated with complex pregnancy and/or birth. Referrals are accepted for:

- Medical complications related to the current pregnancy and/or birth
- Previous difficulties or complications related to pregnancy, birth and neonatal care that impact on maternity care in the next pregnancy
- Phobias such as needle or birth phobia
- Traumatic birth

Both inpatient and out-patient referrals are accepted up to 1 year postnatally. The service is comprised of clinical psychologists and specialist midwives and has embedded input at Princess Royal Maternity Hospital, Queen Elizabeth University Hospital/Royal Hospital for Children and the Royal Alexandra Hospital.

Contact: Princess Royal Maternity Hospital

☎ 0141 451 6513

✉ ggc.clinicalpsychology.prm@nhs.scot

Queen Elizabeth University Hospital/
Royal Hospital for Children

☎ 0141 232 4333

✉ ggc.clinicalpsychology.qeuh@nhs.scot

Royal Alexandra Hospital

☎ 0141 232 4333

✉ ggc.clinicalpsychology.rahmaternityreferrals@nhs.scot

Useful Websites

The Brazelton Centre

🌐 <https://www.brazelton.co.uk/>

Fathers Network Scotland

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

Inspiring Scotland Perinatal and Infant Mental Health Third Sector Directory

🌐 **Perinatal and Infant Mental Health Third Sector Service Directory - Inspiring Scotland**

Parent-Infant Foundation

🌐 <https://parentinfantfoundation.org.uk/>

Parent Club

🌐 https://www.parentclub.scot/topics/mental-health-wellbeing?age=Baby%20%280-1%29#wellbeing_for_wee_ones

Young Parents (Childline)

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

Apps

Happy Healthy Tots: an app for helpful advice, local support, and everyday tips for parents of children aged 0-5.

🌐 <https://www.rightdecisions.scot.nhs.uk/happy-healthy-tots/>

Resources

Perinatal Mental Health Good Practice Guide

Resource for Health Care Workers, Community partners and organisations in contact with new and expectant parents.

🌐 <https://www.nhsggc.scot/downloads/pnmhgoodpracticeguideaug21new/>

Learning

- Understanding maternal mental health
- Maternal mental health: the woman's journey

Learners must register with TURAS to access. The modules sit under the Women, Children, Young People and Families Learning Site. 🌐 <https://learn.nes.nhs.scot/>

Healthy Minds

- An introduction to Maternal Mental Health (9) Awareness Session
- An introduction to Infant Mental Health (20)

🌐 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/healthy-minds-resource/>

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@nhs.scot