

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

This is an early intervention and prevention guide that provides information on organisations and resources across Glasgow City and wider that offer support to new and expectant parents and their families with mental health and emotional wellbeing issues.

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

Lifelink

Where Venues across Glasgow City
Referral Self or Professional
Contact ☎ [0141 552 443](tel:0141552443)
🌐 www.lifelink.org.uk

Crossreach BlueBell

Where Hubs across Glasgow
Referral Self or Professional
Contact ☎ [0141 221 3003](tel:01412213003)
🌐 www.crossreach.org.uk

Birthing Support

Amma Birth Companions
Referral Self or Professional
Contact ☎ [0141 471 9799](tel:01414719799)
@ info@ammabirthcompanions.org

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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](tel:01419445740)

Dads Rock

Referral Self
Contact ☎ [07807 498 709](tel:07807498709)
@ Hello@dadsrock.org.uk

Homestart Glasgow North

Where 35 Avenuepark Street, G20 8TS
Referral Self or Professional
Contact ☎ [0141 948 0441](tel:01419480441)

Homestart Glasgow South

Where 2025 Pollokshaws Road, G43 1NE
Referral Self or Professional
Contact ☎ [0141 570 8735](tel:01415708735)

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Peer Support and Family Support

Mental Health Network (Greater Glasgow)

Where 62 Templeton Street, G40 1DA
Referral Self or Professional
Contact ☎ [0141 550 8417](tel:01415508417)

Mind the Men (18+)

Where Dundasvale Community Hall 12 Dundasvale Court, G4 0JS
& Hillhead Sports Club 32 Hughenden Road, G12 9XP
Referral Online facilitated meetings via Zoom also. All meetings take place on Monday 7pm–9pm
Contact @ mindthemen@gmail.com

Glasgow South Pandas

Where Glasgow PANDAS (every 2nd Saturday) Turf Neighbourhood Hub 1618 Paisley Road West, G52 3QN
Contact Lauren Tonner
Email @ glasgowsouthpandas@gmail.com
Phone ☎ [07434 695 167](tel:07434695167) (call, text or whatsapp)

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Peer Support and Family Support

Rainbow Families (LGBT Health & Wellbeing)

Where The Adelphi Centre, 12 Commercial Road, G5 0PQ
Referral Self or Professional
Contact ☎ [0131 564 3970](tel:01315643970)

Ruchazie Family Resource Centre Maternal Wellbeing Service

Where 26 Avondale Street, G64 1AU
Referral Self or Professional
Contact ☎ [0141 774 8202](tel:01417748202)

Bereavement Support

Organisations that offer a range of supports to help parents and families cope with the death of a child

Baby Loss Retreat

Where Technology House, 9 Newton Place, G3 7PR
Referral Self or professional
Contact ☎ [07868 557 343](tel:07868557343)

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Helplines

Amina Women's Muslim Resource Centre

Supports Muslim and BAME women
☎ [0808 801 0301](tel:08088010301)

National Breastfeeding Helpline

Breastfeeding information and support available 9:30am to 9:30pm every day of the year ☎ [0300 100 0212](tel:03001000212)

LGBT Helpline

Provides information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT) community
☎ [0300 123 2523](tel:03001232523) Tues & Wed 12–9pm, Thurs & Sun 1pm–6pm

NHS Living Life

A telephone based service for people aged 16+ feeling low, anxious or stressed. Mon–Fri 1pm–9pm ☎ [0800 328 9655](tel:08003289655)

One Parent Families Scotland

Support available to lone parents on a range of topics
☎ [0808 801 0323](tel:08088010323)

The Pandas Foundation

Open to parents and their networks who need support with Perinatal Mental Illness. Mon–Sun 9am–8pm
☎ [0808 1961 776](tel:08081961776)

Samaritans

Free and confidential support to anyone, any age
☎ [116 123](tel:116123)

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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, or as the support service dictates.

This includes mental health and wellbeing issues or illnesses existing before pregnancy as well as mental health and wellbeing issues or illnesses which develop for the first time or are greatly exacerbated in the perinatal period.

This can be mild, moderate or severe which can require different kinds of care and treatment. This guide aims to encourage early intervention, prevention and support as crisis can happen. In the guide there is a mix of phone numbers, emails and web links.

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Specialist Services

NHSGGC Community Perinatal Team

Provides a specialist perinatal service to those living in the NHSGGC area 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 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 📞 **0141 201 0808** (available to all)
Open daily 9am–5pm

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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 with your partner, family, friends and health professionals. It's ok not to be ok.

Talking

To a supportive trusted 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.

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Useful Websites

Fathers Network Scotland

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

Heads Up

🌐 <https://www.headsup.scot/>

Inspiring Scotland Perinatal and Infant Mental Health Third Sector Service Directory

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

Maternal Mental Health Scotland

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

NHS Inform LGBT Paths to Parenthood

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

PND and Me

🌐 www.pndandme.co.uk

PING Young Parents

🌐 <https://young.scot/campaigns/national/ping>

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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, the aim is to encourage shared experiences and better health care support for new mums

🌐 www.mindreel.org.uk/video/maws-our-journey-perinatal-mental-health

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>

Healthy Minds: An introduction to Maternal Mental Health Awareness Session

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

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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.nhsggc.org.uk/media/268691/pnmhgoodpracticeguideaug21.pdf> (nhsggc.org.uk)

Understanding Maternal Mental Health (e module)

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

Maternal Mental Health: The Woman's Journey (e module)

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

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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 NHS 24 📞 **111**. If you feel the individual is in immediate danger please call 📞 **999**.

For information on this guide please contact

@ northwest.hiadministrator@ggc.scot.nhs.uk

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