

Infant Mental Health Resources

Learning (self-directed)

NHS Education Scotland: Infant Mental Health Developing Positive Early Attachments. [final imh interactive pdf 3 .pdf \(scot.nhs.uk\)](#)

Websites

Wellbeing for Wee Ones Campaign: Provides encouragement and expert advice to parents as well as practical ideas involving storytelling, singing or talking.

Parent Infant Foundation: Hosts a range of resources and useful information for anyone keen to learn about parent-infant relationships.

Resources

Happy Healthy Tots APP: shares lots of useful information, videos and resources for parents and caregivers.

NHSGGC Infant Mental Health Service: supports babies and their families from pregnancy through to the end of the first three years.

Perinatal and Infant Mental Health Good Practice Guide: for Health Care Workers, Third Sector Partners, and any community organisations that are in contact with new and expectant parents.

Ready Steady Baby: a guide to pregnancy, labour and birth and early parenthood up to 8 weeks.

UNICEF: 21 learning activities for babies and toddlers.

Voice of the Infant Best Practice Guidelines and Infant Pledge: Offers suggestions on how those who work with babies and very young children can notice, facilitate and share the infant's feelings, ideas and preferences that they communicate through their gaze, body language and vocalisations.

The Brazelton Centre: dedicated to supporting healthy parent-baby relationships though promoting an understanding of new-born babies' communication.

Helplines

Breathing Space: free helpline for individuals experiencing symptoms of low mood, depression, or anxiety. Offers free and confidential advice for individuals over the age of 16. Call **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

NHS24 Mental Health Hub: Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

The Pandas Foundation: Free bookable call service available. Visit <https://pandasfoundation.org.uk/how-we-can-support-you/bookable-call-service/> parents and their networks who need support with Perinatal Mental Illness.

Samaritans: Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact free by phoning **116 123** or via email on **jo@samaritans.org**