

# Infant Mental Health Week

12-18 June 2023



**122,000** babies under the age of one are living with a parent who has a mental illness.

*Institute of Health Visiting*

Children exposed to severe maternal stress during pregnancy are nearly



10 times more likely to develop a personality disorder by age 30, when compared with those whose mothers experience no stress during pregnancy.

*([ccpsych.ac.uk](http://ccpsych.ac.uk))*



24 weeks is around when babies start to hear during pregnancy.

*Medical News Today*



Infants as young as **1** can experience trauma from witnessing domestic abuse.

*The 1001 Critical Days: the Importance of the Conception to Age Two Period Manifesto*

# 1 million

per second is the rate that connections in the brain are made from birth to age 18 months.

*The 1001 Critical Days: the Importance of the Conception to Age Two Period Manifesto*

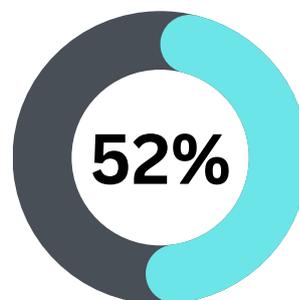
The first **1001 days**

is a unique period for a baby that sets the foundations for lifelong emotional and physical wellbeing.

*Parent Infant Foundation*

# 2,104

children were on the Child Protection Register in 2020-21.



were below the age of 5 years.

*Scottish Government*

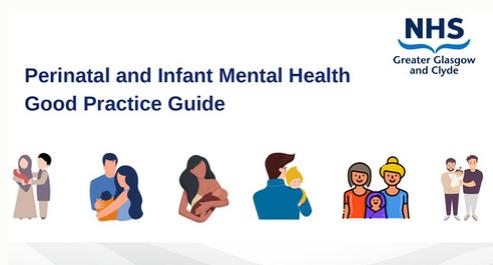


1 in 5 children across Scotland live in relative poverty. The negative impacts of poverty on children start before birth and accumulate across the life course.

*Save the Children*



Voice of the Infant: best practice guidelines and infant pledge. The intention is to provide guidance on how to take account of infants' views and rights in all encounters they may have with professionals in statutory or third sector services, or in public spaces such as shops, libraries or galleries.



A resource to support Health Care Workers, Third Sector Partners, and any community organisations that are in contact with, supporting and/or working with new and expectant parents. It is underpinned the nine protected characteristics as set out in the Equality Act (2010).



Provides a wealth of information for parents and carers' and resources for professionals including an implementation toolkit that shares learning, information and advice for commissioners and providers who want to set up, improve or expand parent-infant relationship teams in the UK.



Wellbeing for Wee Ones from Parent Club offers lots of information and tips to help you give your wee one everything they need to grow and develop into happy people.



Kids Independently Developing Skills (KIDS) digital resource. KIDS aims to help children to live meaningful, healthy, independent lives by providing a single point of immediate access to info, advice, strategies and self-help support from NHS staff.

# Service Spotlight

## NHS Greater Glasgow and Clyde Infant Mental Health Team - Wee Minds Matter

is a specialist multi-disciplinary infant mental health service working with babies and their families during pregnancy and up to three years. The service aims to raise awareness of infant mental health for all professionals providing essential support to families. This includes midwives, health visitors, family nurses, GPs and other health, social care and early years professionals. The team provide a duty line, professional consultations, support with care planning and joint working For more information visit

[Hosted and Tier 4 Services - NHSGGC](#)



## Helplines, APPS and Website



For people who are feeling worried or anxious. There are a range of tools and techniques that can help support you when facing difficult situations and to be more present.' Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.

Download free on the App Store or Google Play: [Daylight \(trydaylight.com\)](#)

**Silvercloud** is a website with courses you can do to improve your mental wellbeing. You can learn new ways to deal with the challenges you're facing. It is free, and you'll need an email address to sign up.



Provide a free helpline to a parents struggling with helplessness, low mood, anxiety or have any concerns about their health during or beyond your pregnancy. Contact on **0808 1961 776**, 11am-10pm every day.



A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. Contact on **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.

**85258**  
shout

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.



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