

Maternal Mental Health Resources

Resources

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 [pnmhgoodpracticeguideaug21.pdf](https://www.nhs.uk/pregnancy/trying-for-a-baby/having-a-baby-if-you-are-lgbt-plus/pnmhgoodpracticeguideaug21.pdf) ([nhsggc.org.uk](https://www.nhs.uk/pregnancy/trying-for-a-baby/having-a-baby-if-you-are-lgbt-plus/))

Wellbeing for Wee Ones Campaign: Provides encouragement and expert advice to parents as well as practical ideas involving storytelling, singing nursery rhymes or talking [Wellbeing for wee ones | Parent Club](#)

Useful Websites

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](#)

Mental Health Improvement Team NHSGG [Infant and Maternal Mental Health - NHSGGC](#)

NHS Inform LGBT Paths to Parenthood <https://www.nhs.uk/pregnancy/trying-for-a-baby/having-a-baby-if-you-are-lgbt-plus/>

Helplines

Amina Women's Muslim Resource Centre: Supports Muslim and BAME women. Call **0808 801 0301**

National Breastfeeding Helpline: Breastfeeding information and support available 9.30am to 9.30pm every day of the year. Call **0300 100 0212**

LGBT Helpline: Provides information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT) community. Call **0300 123 2523** Tues & Wed 12 - 9pm, Thursday & Sunday 1-6pm

NHS Living Life: A telephone based service for people aged 16+ feeling low, anxious or stressed. Mon - Fri: 1pm - 9pm. Call free **0800 328 9655**

One Parent Families Scotland: support available to lone parents. Call free **0808 801 0323**

The Pandal Foundation Open to parents and their networks who need support with Perinatal Mental Illness. Call **0808 1961 776** Mon-Sun 9am– 8pm

Samaritans Free and confidential support to anyone, any age. Call **116 123**

Learning Opportunities

Two free e learning modules. Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identify the risk and protective factors for mental ill health.

Understanding Maternal Mental Health [SCORM Player](#) ([scot.nhs.uk](https://www.scot.nhs.uk))

Maternal Mental Health – The Woman's Journey [SCORM Player](#) ([scot.nhs.uk](https://www.scot.nhs.uk))