

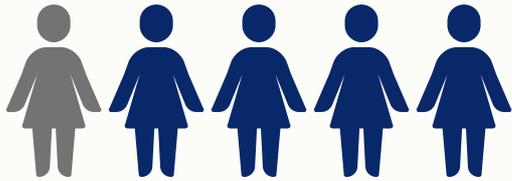
Maternal Mental Health Week

Together in a Changing World

1-7 May 2023



13,000 Women gave birth in 2022 across Greater Glasgow and Clyde.



1 in 5 women experience a mental health problem during pregnancy or after they have given birth.

Perinatal mental health services: needs assessment and recommendations - gov.scot (www.gov.scot)



Suicide remains the leading cause of direct maternal death in the first postnatal year.

Maternal Mental Health Alliance



Of pregnant women will have experienced an eating disorder at some time.

Eating Disorders in the Perinatal Period – Wednesday's Child (wednesdayschild.co.uk)



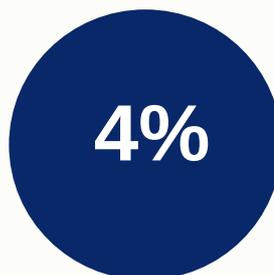
Postnatal depression and anxiety is mothers from racialised communities is 13% higher than in white mothers.

A systematic review of ethnic minority women's experiences of perinatal mental health conditions and services in Europe | PLOS ONE



1 in 10 men are affected by mental health problems during pregnancy and the first year after birth.

Perinatal mental health services: needs assessment and recommendations - gov.scot (www.gov.scot)



Of women develop full post traumatic stress disorder post childbirth.

https://www.rcm.org.uk/media/3631/perinatal-mental-health-scotland-survey-responses-2019-a5-20pp_1.pdf

£1.2 billion

Is the estimated cost that perinatal mental health problems cost the NHS and social services annually. A significant proportion of this cost relates to impact on the child.

Perinatal mental health - GOV.UK (www.gov.uk)

Children exposed to severe maternal stress during pregnancy are nearly



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

(rcpsych.ac.uk)

Service Spotlights

There are a range of services that provide support for maternal mental health. Below shines a spotlight on just a few across Greater Glasgow and Clyde.



Perinatal Mental Health Service

Is a specialist perinatal mental health inpatient and community service for mothers, babies and their families. It provides care and treatment to women who are pregnant or are up to one year postnatal and are at risk of, or are affected by, mental illness. The service consists of the West of Scotland Mother and Baby Unit and the Community Perinatal Mental Health Team. For more information visit [Perinatal Mental Health Service - NHSGGC](#)



Maternity and Neonatal Psychological Intervention Service

Is an acute, hospital-based service for those experiencing psychological difficulties associated with complex pregnancy, birth, neonatal complications or loss. The team comprises of Clinical Psychologists and Specialist Midwives. The service is based in the three main obstetric units: Queen Elizabeth University Hospital, Royal Alexandra Hospital and the Princess Royal Maternity Hospital. For more information visit [MPNI NHSGGC](#)



Infant Mental Health Service: 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](#)



Amma Birth Companions is a charity that supports parents in Glasgow who might otherwise give birth alone. They provide care, information, and advocacy to ensure parents experiencing multiple disadvantages can give birth and parent safely and with dignity. They offer pregnancy, birth, and postnatal companionship, along with antenatal education and peer support activities. For more information visit [Home - Amma Birth Companions](#)



Is an Inverclyde based charity providing counselling and therapy services to people in Inverclyde and beyond. Their perinatal service supports new or expectant parents who are experiencing anxiety, depression, low self-esteem or any other negative feelings. They offer individual counselling for Mums and Dads. Parents can also become involved with any of the other groups at MindMosaic. For more information visit [Perinatal Services - MindMosaic Counselling & Therapy](#)

Ready Steady Baby:

Your guide to pregnancy, labour and birth and early parenthood up to 8 weeks. Available in easy to read formats and other languages.



Supporting new and expectant parents mental health is a resource for staff to help have conversations about mental health during the perinatal period and signposting to supports.

A Directory of Third Sector Perinatal Mental Health services across Scotland which are accepting referrals.



Let's do peer support Bump, Birth and Beyond guide.



A new co-designed resource to help people plan and deliver perinatal peer support.

Voice of the Infant

Best practice guidelines and infant pledge. Provides direction on how to take account of infants' views and rights in all encounters.



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.



Helplines



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.



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