**NHS Greater Glasgow and Clyde Perinatal Mental Health Steering Group have developed a prevention and early intervention guide to highlight the range of organisations, supports and resources across GGC that can help support parent’s mental health during the perinatal period.**



**Why?**

Perinatal mental health refers to parent’s mental health during pregnancy and the first year after birth. Becoming a parent is often portrayed as a joyous time, however for many the reality is very different with statistics highlighting that 1 in 5 women and 1 in 10 men are affected by mental health problems during pregnancy and the first year after birth. The stigma and fear associated with perinatal mental health can leave those affected feeling inadequate as a parent, isolated and vulnerable and can impede or delay getting help, treatment and recovery.

**Who is the guide for?**

The guide is aimed at staff and practitioners who are in contact with new and expectant parents.

**What is the aim of the guide?**

It aims to support staff to have conversations with parents about their mental health during the perinatal period and encourage signposting if required, to appropriate supports and services. It aims to encourage early intervention and avert crisis from happening.

**What information is included in the guide?**

It provides information on range of prevention and early intervention organisations and resources available to new and expectant parents that can help support their mental health and wellbeing. It also gives top tips for looking after mental health, useful websites, telephone supports, access to downloadable resources and training and awareness raising modules that staff can access.

**What areas are covered?**

This is a board wide resource that is colour coded to highlight what areas organisations are located in. For example, organisations coded green can be accessed in Renfrewshire.

**Are there costs attached to any of the supports highlighted in the guide?**

No, all services, supports and resources are free to access, one organisation included offer a donation based service and parents only donate what they can afford.

**Where can I access the guide or get further information?**

Please contact Michelle Guthrie at michelle.guthrie@ggc.scot.nhs.uk