

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Maternal Mental Health Awareness Week

Becoming a parent is often portrayed as a joyous time, however for many the reality is very different with reports showing 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. Maternal Mental Health Awareness week runs from 4th -10th May. Due to the COVID-19 pandemic the theme for this year was revised and is now “Supporting mums during difficult times” to help new and expectant parents and their families access the vital resources and supports needed at this time

Below are some resources available to staff, new and expectant parents’ and their families to support mental health during the perinatal period.

GGC Prevention and Early Intervention Guide for Staff: provides information on a range of organisations and resources across GGC that offer mental health support during the perinatal period. *Please note that our NHSGGC Community Perinatal Team and the Family Nurse Partnership are still taking referrals at this time, information included within the guide. <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/infant-and-maternal-mental-health/resources/>

Perinatal Mental Health Posters: a series of posters with supporting animations, targeting mums, partners and staff to help raise awareness of perinatal mental health, developed by Public Health Scotland. <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/infant-and-maternal-mental-health/resources/>

Women and Families Maternal Mental Health Pledge: sets out what to expect from the NHS in Scotland if you're pregnant and have mental health problems. <https://www.pmhn.scot.nhs.uk/wp-content/uploads/2019/03/PMHN-Women-Families-Pledge.pdf>

Fathers Network Scotland: have developed a leaflet aimed at supporting new dads and dads-to-be during the current coronavirus crisis. PDF attached

Royal College of General Practitioners: a toolkit that offers a set of relevant tools to assist members of the primary care team to deliver the highest quality care to women with mental health problems in the perinatal period. <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/perinatal-mental-health-toolkit.aspx>

E Learning “Understanding Maternal Mental Health” and “Maternal Mental Health: the women’s journey”, two e learning modules available to access from NES. <http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx>

Useful telephone supports

The Pandalas Foundation: Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed

Samaritans: 116 123. A free and confidential support to anyone, any age.