



Barnet Integrated Perinatal Mental Health Pathway



This guidance has been developed to help all frontline health and care professionals and non-clinical staff who are involved in the care of mothers and babies to talk about perinatal emotional wellbeing.

A wide range of partners in Barnet have co-produced needs-based pathways for antenatal and postnatal periods. Details for each pathway is described to enable decision on actions to take, support should be offered and who can be contacted to meet the continuum of needs of the families.

Introduction

Perinatal mental health is complex and does not usually occur in isolation, requiring an integrated multi-agency approach. A wide range of partners in Barnet came together to develop an integrated pathway including maternity services, community, primary care and the third sector services to support the provision of effective multi-professional and multi-agency services for mothers and their families.

The needs of all mothers and their families in Barnet who were identified as having mental health concerns during the perinatal period are understood and linked to the right service at the right time. This can only be done by connecting services to enable families to tell their story once and to maximise opportunities for families to access relevant information, advice and help at the appropriate time.

This pathway has been produced with input from families with lived experience of perinatal mental illness as well as input from health and care professionals.

The pathway highlights the most appropriate and evidence based referral routes for those pregnant women and new mothers who require further health and social care support and (where appropriate) treatment.

It is based on the London Perinatal Mental Health Network's (2015)¹ care pathway which is in line with the NICE CR232 (2021)² and takes account of Barnet's demographics and unique challenges.

The multi-partner pathway group focused on how Barnet can provide universal screening. It was agreed that expectant parents would be introduced to Children Centres at the earliest opportunity. Parents would then be registered and be able to freely access a range of both universal and targeted services.

HSBBEH Home-Start will provide additional capacity through its volunteer-led service to support women in their homes. This meets the critical gap in the offer available to women as identified by the professional and parent survey.

It is expected that the Health Visiting service will continue to hold professional accountability for all families with children aged between 0 – 5 years and to provide the appropriate level of clinical oversight for work delegated to other commissioned support services.

¹ Pan London Perinatal Mental Health Network (2015) Perinatal Mental Health Care Pathways October 2015

² National Institute for Clinical Excellence (2021) CR232 Perinatal Mental Health Services: Recommendations for the Provision of services for childbearing Women. NICE, December 2021.

Mothers who have moderate level of anxiety or depression should also be referred to the Let's Talk - IAPT services. IAPT has a provision for perinatal mental health concerns.

In the case of escalated risk / severity women will be referred back to their midwife urgently or a health visitor if postnatal as well as informing GP.

Parents will be supported by the menu of interventions available in the community.

The diagram on page 6 shows the overarching process for potential contact points, identification and assessment of perinatal mental health needs. Identification will assist in ascertaining which of three pathways would best meet the mothers' and their family's needs. The processes, tools and need-based decision making for each pathway are described in more detail further in the document.

It is important to note that mothers and expecting mothers may enter into the pathway at any time during pregnancy and in the baby's first year. The pathways therefore have been designed to use every contact opportunity with mothers to discuss maternal emotional wellbeing.

Safeguarding guidance and protocols should always be followed in each pathway throughout the perinatal period.

The approach described is intended to supplement and support, rather than replace, the skills, expertise and clinical judgement of professionals.

For the menu of interventions please see the appendix 2.

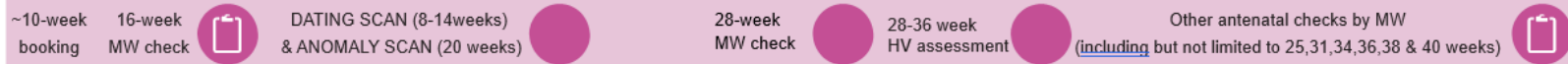
Important Numbers

SERVICE	TELEPHONE	EMAIL
Acacia Midwives Unity Midwives	020 8216 4141 020 7794 0500 Ext. 31034	rf-tr.acaciateam@nhs.net rf-tr.unity.midwife@nhs.net
Adult Mental Health Services Link Working Admin Hub	020 8702 4382	
Adult Mental Health Crisis Team	0300 0200 500/ 020 8702 4040	
Barnet Wellbeing Hub	033 3344 9088	info@barnetwellbeing.org.uk
Health Visitor Hub	0800 772 3110	hcp.4barnet@nhs.net
HSBBEH Home-Start Barnet	07759 206012/ 020 8371 0674	admin@homestartbarnet.org
Let's Talk IAPT	020 8702 5309	lets-talk-barnet@nhs.net
North London Partners Specialist Perinatal Mental Health Service	020 3317 7001	NCL.perinatal@Candi.nhs.uk
North London Partners Maple Service	020 3317 7001	NCL.perinatal@Candi.nhs.uk
Barnet 0 -19 Early Help Hubs		
0 -19 Early Help Hub - East Central Locality	020 8359 3460	newstead@barnet.gov.uk
0 -19 Early Help Hub - South Locality	020 8359 3590	info.parkfieldcc@barnet.gov.uk
0 -19 Early Help Hub - West Locality	020 8359 3510	wingfield@barnet.gov.uk
Barnet Children's Centres		
East Central Locality BEYA Children's Centre	020 8449 5466 Option 5	admincc@beya.org.uk
Coppetts Wood Children's Centre	020 8883 0248 option 3	childrenscentre@coppettswood.barnetmail.net
Underhill Children's Centre	020 8449 2423 ext 206	info@underhillcc.barnetmail.net
Newstead Children's Centre	020 8359 3460	newstead@barnet.gov.uk Facebook Page: Barnet Children's Centres - East/Central Locality

South Locality Bell Lane Children's Centre	020 8203 3115	ccentre@belllane.barnetmail.net
Child's Hill Children's Centre	020 8359 3590	ChildsHill.ChildrenCentre@barnet.gov.uk
Parkfield Children's Centre	020 8359 3590	info.parkfieldcc@barnet.gov.uk
The Hyde Children's Centre	020 8359 3590	info.hydecc@barnet.gov.uk
		Facebook Page: Barnet Children's Centres - South Locality
West Locality Fairway Children's Centre	020 8359 3730	childrenscentre@fairwaycc.barnetmail.net
Silkstream Children's Centre	020 8905 7605	SilkstreamCC@barnet.gov.uk
Wingfield & Stonegrove Children's Centre	020 8359 3510	
		Facebook Page: Barnet Children's Centres - West Locality

IF THE EXPECTANT MOTHER HAS A CURRENT OR PRE-EXISTING SEVERE MENTAL ILLNESS PLEASE REFER DIRECTLY TO NORTH LONDON PARTNERS SPECIALIST PERINATAL MENTAL HEALTH SERVICE AND BARNET ADULT MENTAL HEALTH SERVICE

Perinatal mental health: Antenatal pathway



Provide the expecting mother with literature / an information leaflet on perinatal mental health. Advise to contact their Midwife (MW) and/or General Practitioner (GP) if concerned

If there is family or personal history of severe mental illness refer to **Red Pathway** otherwise follow the rest of the pathway.

Screen for Depression using WHOOLEY questions
 During the past month have you often been bothered by feeling down, depressed or hopeless?
 During the past month, have you often been bothered by little interest or pleasure in doing things?

Screen for Anxiety using General Anxiety Disorder 2 (GAD 2)
 Over the last two weeks, how often have you been bothered by the following problems?
 1. Feeling Nervous, anxious, or on edge?
 2. Not being able to stop or control worrying

If a person scores three or more, consider an anxiety disorder.

No to both WHOOLEY Questions / GAD-2 <3

GREEN PATHWAY

No evidence of significant wellbeing concerns

- Provide universal advice and guidance
- Promote positive attitude to pregnancy and life
- Share appropriate mental health resources

AMBER PATHWAY

- Ensure named health visitor or midwife notified
- Advice and guidance as per green pathway
- Refer to support services as below
- Midwife to inform health visitor at 28 weeks if at risk
- In the case of escalated risk / severity refer back to named midwife urgently
- If mother/father declines the support offered, notify GP

Inform GP, midwife and Health Visitor

YES to WHOOLEY Questions / GAD-2 ≥3

Non-health professionals: Refer to **Amber Pathway**

Health professionals only:
 Assess severity of depression and or anxiety using PHQ - 9 (Depression) / GAD 7 (Anxiety) Edinburgh
 Postnatal Depression Scale Clinical judgement

PHQ - 9 ≤ 9 / GAD 7 ≤ 9

PHQ-9 ≥10 / GAD 7 ≥ 10

RED PATHWAY

Evidence of severe mental health concerns refer to Specialist Perinatal Mental Health Service

- If immediate risk refer to Crisis Team, call ambulance or A&E
- Ensure GP, named health visitor or midwife notified
- If mother/father declines the support offered, notify GP immediately alongside the midwife and/or health visitor

Register ALL parents with children's centres

MW = Midwife
 HVT = Health Visitor Team
 CC= Children's Centre

This pathway is for guidance only, please use professional judgement and consider risks at all times. Where there are maternal mental health concerns always consider the potential impact on the child and the unborn. If there are safeguarding concerns about a child contact MASH as follows. For SAFEGUARDING CONCERNS contact: 020 8359 4066/4097. For EMERGENCY DUTY TEAM: (Out of Hours) 020 8359 2000.

Perinatal mental health: Postnatal pathway

Antenatal checks



Birth



2-day new Birth Visit (MW)



9-14 day new Birth Visit (HVT)



6-8 Weeks review by GP / HVT



9-12 month review (HVT)



Postnatal pathway

GREEN PATHWAY

- Provide universal advice and guidance
- Promote positive attitude to pregnancy and life
- Share appropriate mental health resources

No to both questions

AMBER PATHWAY

- Ensure named health visitor or midwife notified
- Advice and guidance as per green pathway
- Refer to support services (see the pathway guidance)
- Midwife to inform health visitor at 28 weeks if at risk
- In the case of escalated risk / severity refer back to named midwife and health visitor urgently
- If mother/father declines the support offered, notify GP
- Inform GP, midwife and Health Visitor

RED PATHWAY

- Evidence of severe mental health concerns refer to Specialist Perinatal Mental Health Service
- If immediate risk refer to Crisis Team, call ambulance or A&E
 - Ensure GP, named health visitor or midwife notified
 - If mother/father declines the support offered, notify GP immediately alongside the midwife and/or health visitor

Provide the parent with literature / an information leaflet on perinatal mental health. Advise to contact [their](#) Midwife (MW) and or General Practitioner (GP) if concerned.

If there is family or personal history of severe mental illness refer to **Red Pathway** otherwise follow the rest of the pathway.

Screen for Depression using WHOOLEY questions

During the past month have you often been bothered by feeling down, depressed or hopeless?

During the past month, have you often been bothered by little interest or pleasure in doing things?

Screen for Anxiety using General Anxiety Disorder 2 (GAD 2)

Over the last two weeks, how often have you been bothered by the following problems?

1. Feeling Nervous, anxious, or on edge?
2. Not being able to stop or control worrying

If a person scores three or more, consider an anxiety disorder.

GP = General Practitioner
MW = Midwife
HVT = Health Visitor Team
CC= Children's Centre

YES to WHOOLEY Questions / GAD-2 ≥3

PHQ - 9 ≤ 9 / GAD 7 ≤ 9

Non-health professionals: Refer to Amber Pathway

PHQ-9 ≥ 10 / GAD 7 ≥ 10

Health professionals only:
Assess severity of depression and or anxiety using
PHQ - 9 (Depression)
GAD 7 (Anxiety)
Edinburgh Postnatal Depression Scale
Clinical judgement

This pathway is for guidance only, [please use](#) professional judgement and consider risks at all times. Where there are maternal mental health concerns always consider the potential impact on the child and the unborn. If there are safeguarding concerns about a child contact MASH as follows. For SAFEGUARDING CONCERNS contact: 020 8359 4066/4097.

For EMERGENCY DUTY TEAM: (Out of Hours) 020 8359 2000.

Recognising Perinatal Mental Health Concerns

NICE recommends that all health professionals enquire about the mental health of all women.

Throughout the perinatal period, contacts with GPs, Midwives and Health Visitors are routine. In addition, there are a number of scan appointments where it will be appropriate to consider the mental health needs of the mother and provide the expecting mother with an information leaflet on perinatal mental health.

All health and care professionals and non-clinical staff should be routinely asking mental health needs and concerns using the standard identification questions, at each contact, in conjunction with professional judgement to determine an appropriate course of action.

NICE recommends the following questions:

Depression identification questions/The [Whooley](#) questions

During the past month have you often been bothered by feeling down, depressed or hopeless?

During the past month, have you often been bothered by little interest or pleasure in doing things?

Generalised Anxiety Disorder scale [GAD-2]

Over the last two weeks, how often have you been bothered by feeling nervous, anxious or on edge?

Over the last two weeks, how often have you been bothered by not being able to stop or control worrying?

These tools are to be used alongside a clinical assessment which should inform the final decision as to which pathway the patient will follow.

The needs of the women's partner, family or carers (including other children) should be considered. Anyone should be mindful that women may not initially disclose problems, for various reasons, but can be offered support via universal services.

Where there are maternal mental health concerns always consider the potential impact on the child and the unborn. If there are safeguarding concerns about a child contact MASH on numbers below.

FOR SAFEGUARDING CONCERNS CONTACT: **020 8359 4066/4097**

EMERGENCY DUTY TEAM: **(Out of Hours) 020 8359 2000**

Green Pathway

No evidence of significant wellbeing concerns or prospective attachment issues

Assessment

To be offered the green pathway, a mother will normally satisfy the following conditions:

- Answered **no** to identification questions

Additionally, the professional conducting the assessment should be satisfied that there is **no evidence** of the following:

- Professional concerns about attachment and bonding.
- Current or pre-existing mental health condition;
- History of severe mental illness;
- History of significant mental distress;

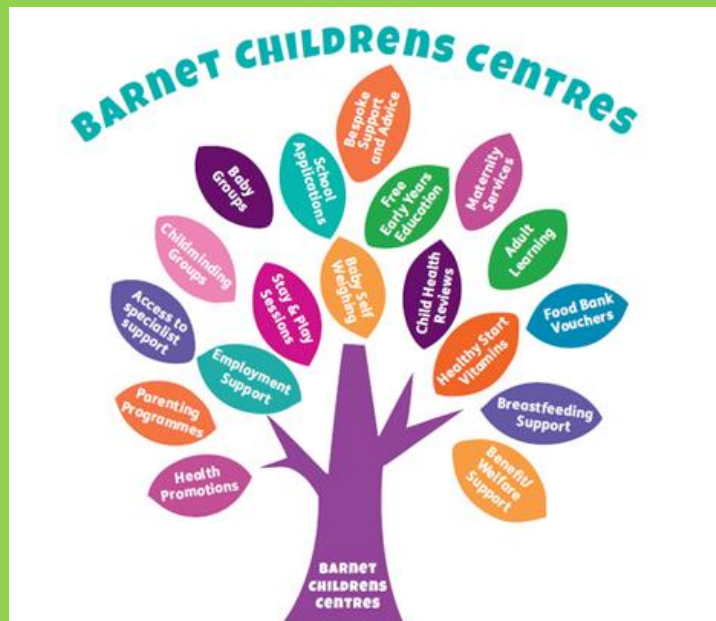
Approach

Parents and their families can be supported by Barnet's universal services

PREPARATION FOR PARENTHOOD

[Children's Centres \(including onsite partner agencies\)](#)

Health Promotions
Parenting Programmes
Employment Support
Access to Specialist Services
Childminding Groups
Stay & Play and Baby Groups
School Applications
Baby Self Weighing
Bespoke Support and Advice
Free Early Years Education
Child Health Reviews
Healthy Start Vitamins
Benefit/ Welfare Support
Breastfeeding Support
Food Bank Vouchers
Maternity Services
Adult Learning



[IAPT \(Improving Access to Psychological Therapies\)](#)

- Let's Talk IAPT counselling

[HSBBEH Home-Start](#) – Perinatal Health Coaching support, friendship and practical help to expectant mothers and parents

ONLINE INFORMATION, ADVICE AND HELPLINES

- [NHS Choices](#) - Reliable information on postnatal depression and related concerns
- [PANDAS Foundation](#) - Help to support and advise parents experiencing a perinatal mental illness. Telephone number: 08081961776
- [Tommy's](#) – Midwife led organisation offering pregnancy health information for parents to be.
- [SANDS](#) – Still birth and neonatal death charity offering bereavement support
- [National Childbirth Trust](#) – Information on pregnancy, childbirth and parenthood
- [Cry-sis](#) - Support for families with excessively crying, sleepless and demanding babies
- [Association for Postnatal Illness](#) - Leaflets, information sources and a helpline
- [Best Beginnings](#) – Educational content and digital tools for mums to be. Creator of Baby Buddy App
- [Peanut](#) – App connecting and supporting women through fertility and motherhood

Amber Pathway

Midwives or Health Visitors hold the accountability

Evidence of moderate emotional health concerns or possible attachment issues which may impact negatively on the parent-infant relationship and baby's development.

Assessment for health professionals

If a woman responds *positively* to either of the depression identification questions and scores 3 or more on the GAD-2 scale, consider using:

- Patient Health Questionnaire (PHQ-9)
- Generalised Anxiety Disorder scale (GAD-7)
- Edinburgh Postnatal Depression Scale (EPDS)
- Refer the woman to her GP, the Specialist Perinatal Mental Health Service or the Maple Service if severe mental health problem suspected
- Always use clinical judgement.

The professional conducting the screening must be trained to use these questionnaires.

Assessment for non-health professionals

If a woman responds *positively* to either of the depression identification questions, scores 3 or more on the GAD-2 scale, consider offering the **Amber Pathway**.

Approach

Offer the woman the Amber Pathway if there is evidence of:

- Parental or professional concerns about bonding with the baby
- Mild to moderate anxiety or depression
- Intrusive sleep difficulties
- Difficulties or traumatic birth or phobic of birth or pain
- Social problems e.g. finance, housing and/or relationship problems

- Ensure named health visitor or midwife notified
- Advice and guidance as per green pathway
- Refer to support services as below
- Midwife to inform health visitor at 28 weeks if at risk
- In the case of escalated risk / severity refer back to named midwife urgently OR GP if postnatal
- If a woman declines the support offered, notify GP.

Always seek consent when sharing information unless there is a safeguarding concern.

Parents and their families could be offered or referred to the following support services:

PARENTAL MENTAL HEALTH NEEDS

[Let's Talk – IAPT](#)

Psychological treatment in the form of counselling or CBT for parents who present with low to moderate anxiety and/or depression.

Face to face counselling is offered for parents suffering from depression and CBT treatment is offered at two levels for depression and/ or anxiety.

[Barnet Wellbeing Hub](#)

Support adults with a wide range of social, emotional, health and practical needs. The Wellbeing Navigator Team at the Hub connects people to support services such as employment support, debt management, welfare advice and housing. In addition, people are signposted to positive activities (such as walking, arts and crafts, knitting groups, yoga etc.) available in the community. The Hub also delivers personalised support including Talking Therapies, IAPT, Information & Advice and Advocacy.

[HSBBEH Home-Start Barnet](#)

1:1 support in the home from volunteers to improve the physical and emotional wellbeing of mums to be and new mums, and their babies, using a holistic life coaching model. It may be a first or subsequent pregnancy. Support is offered throughout the perinatal period.

[Community Barnet – Online Wellbeing Programme](#)

Offering online courses on different mental health topics. Available via smartphone, laptop or tablet. See service directory for contact information.

In the case of escalated risk or severity refer back to midwife urgently or GP and Health Visitor for postnatal.

PARENT-INFANT RELATIONSHIP

[CAMHS](#)

A wide-range of therapeutic interventions with parents and infants.

Red Pathway

Evidence of immediate severe mental health concerns which are likely to detrimentally impact upon the parent-infant relationship and the baby's development.

Screening

Women on the red pathway will normally be suffering from severe and/or enduring mental health issues. A woman should be identified for the **Red Pathway** if:

- There is any evidence of current or previous history of severe mental health illness such as bipolar disorder or psychosis and the health professional or the woman have concerns about relapse.
- During assessment, woman describes any of the below **current concerns** which are likely to detrimentally impact upon the parent-infant relationship and the baby's development

Current Difficulties

- Unusual beliefs around self or baby, e.g., thoughts around being watched
- Feeling or hearing things that others cannot
- Markedly unusual behaviour, affect or manner of speaking
- Inability to follow what is being said, distractibility

Approach

For health professionals only:

- Further assessment using PHQ-9 (Depression) and GAD-7 (Anxiety) and EPDS tools should be conducted and/or use professional judgement.

For all:

- Mothers suffering from severe and/or enduring mental health issues should be identified for the **Red Pathway**

- Evidence of severe mental health concerns refer to Specialist Perinatal Mental Health Service (SPMHS).
- If there is immediate risk refer to Crisis Team, call ambulance or A&E.
- Ensure GP, named health visitor or midwife notified
- If a woman declines the support offered, notify GP immediately alongside the midwife and/or health visitor.

Always seek consent when sharing information unless there is a safeguarding concern.

Where there are maternal mental health concerns always consider the potential impact on the child and the unborn. If there are safeguarding concerns about a child contact MASH on numbers below.

FOR SAFEGUARDING CONCERNS CONTACT: **020 8359 4066/4097**
EMERGENCY DUTY TEAM: (**Out of Hours**) **020 8359 2000**

CRISIS CARE – ADULT MENTAL HEALTH SERVICE

Antenatal

- If in crisis or immediate concern / safety of women either call **Barnet Crisis Team (020 8702 4040 / 0800 151 0023)** or call **999** for emergency services. If not go to the nearest Emergency Department where you can be seen by Liaison Psychiatry.
- Refer to North London Partners Specialist Perinatal Mental Health Service.
- **Inform GP, midwife and Health Visitor**

Postnatal

- If in crisis or immediate concern / safety of women or the baby either call **Barnet Crisis Team (020 8702 4040 / 0800 151 0023)** or call **999** for emergency services. If not go to the nearest Emergency department where you can be seen by Liaison Psychiatry.
- Refer to North London Specialist Perinatal Mental Health Service.
- **Inform GP and health visitor**

NORTH LONDON SPECIALIST PERINATAL MENTAL HEALTH SERVICE

Referral Criteria;

Women who are planning a pregnancy or pregnant or who gave birth within the last 13 months and have:

- Been diagnosed at any time with a severe mental illness, (i.e. bipolar affective disorder/schizophrenia/ schizoaffective disorder/postpartum psychosis/severe depression), or
- Are currently open to a secondary mental health service, or
- Are experiencing new thoughts or acts of self-harm, or
- Have experienced a recent significant change in mental state, or
- Have a mental illness/psychological disturbance that can't be managed by primary care services, or
- Have expressions of incompetency as a mother or estrangement from the infant or
- Would benefit from advice on/review of psychiatric medication during pregnancy/breastfeeding
(This includes provision for preconception advice and relapse prevention work)

Tel: 020 3317 7001 Email: NCL.perinatal@candi.nhs.uk

NORTH LONDON SPECIALIST PERINATAL MENTAL HEALTH SERVICE

Service Duty System & Professionals Advice Line

There is an allocated member of the team working as a duty worker on Mondays, Wednesdays and Fridays. During this time there is an advice line for professionals to call between 11am-12pm, when you speak to a clinician for advice or guidance on potential referrals. An administrator will take some basic details, and then connect you to the duty clinician.

Tel: 020 3317 7001.

NORTH LONDON PARTNERS MAPLE SERVICE

Referral Criteria

- People who are planning a pregnancy / currently pregnant / gave birth within the last 18 months / experienced a perinatal loss within last 18 months

AND

-have symptoms of trauma as a result of their maternity experience that have a moderate or severe impact on their mental health.

Please note: we welcome referrals for women / birthing people and fathers / partners

We have 4 clinical pathways;

Primary tokophobia

(Fear of childbirth that has been present for a long time, where wanted pregnancy may be delayed/terminated)

Birth trauma, including secondary tokophobia

(Perceived experience of a traumatic birth -direct or witnessed- causing PTSD symptoms, anxiety/depression, impact in functioning and/or raised stress in a current pregnancy. This includes fear of childbirth)

Perinatal loss

(Loss in the context of fertility treatment, early pregnancy loss, miscarriage, termination, stillbirth, neonatal death. Complex grief reactions, including as a result of infant having a serious medical condition/disability)

Loss of a child due to social care proceedings

(Previous or expected baby being taken into care and/or associated complex grief reactions)

What does Maple Offer?

- Assessment, intervention and consultation which may include: Individual or group evidence-based psychological therapy e.g.
- Trauma focussed Cognitive Behavioural Therapy

- Narrative Exposure Therapy
- Eye Movement Desensitization & Reprocessing (EMDR)
- Compassion Focussed Therapy
 - Peer support
 - Specialist advice, training, consultation and co-working with referrers and related health professionals
 - Specialist liaison with maternity colleagues

Contact us; Tel: 020 3317 7001 Email: NCL.perinatal@candi.nhs.uk

ACACIA TEAM AND UNITY TEAM

- The Acacia Team is based at Barnet Hospital and the Unity Team is based at Royal Free Hospital.
- The Teams offer an enhanced individualised care package, to meet the woman and family's specific needs.
- Each care package is women and family centred, providing extra support during the pregnancy and enhanced care during the postnatal period for up to 28 days.

Acacia Team: 020 8216 4141 Unity Team: 020 3758 2000 Ext. number 31034

Appendix 1:

Identification of perinatal mental health concerns³

The Whooley questions/Depression identification questions

During the past month have you often been bothered by feeling down, depressed or hopeless?
During the past month, have you often been bothered by little interest or pleasure in doing things?
This can be followed up with: Is this something with which you would like help?

GAD-2: 2-item Generalized Anxiety Disorder scale

Over the last 2 weeks, how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer)</i>				
	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge?	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
If the score is 3 or more: Health professionals to use GAD-7 for further assessment Non- health professionals to refer to Amber Pathway and inform GP, midwife and health visitor				

³ Antenatal and postnatal mental health: clinical management and service guidance, NICE guidelines [CG192]
Published: Dec 2015

Patient Health Questionnaire (PHQ-9)

Over the last two weeks, how often have you been bothered by any of the following problems		Scores
Little interest or pleasure in doing things?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling down depressed or hopeless	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Trouble falling asleep or staying asleep, or sleeping too much?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling tired or having little energy?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Poor appetite or overeating?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling bad about your self –or that you are a failure or have felt yourself or your family down?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Trouble concentrating on things, such as reading the paper or watching TV?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Thoughts that you would have been better off dead, or hurting yourself in some way?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to work, take care of things at home or get along with other people?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Depression severity: 0-4 None; 5-9 Minimal; 10-14 moderate; 15-19 moderately severe; 10-17 severe		

Generalised Anxiety Disorder Questionnaire (GAD-7)

Over the last two weeks, how often have you been bothered by any of the following problems?		Scores
Feeling nervous, anxious or on edge?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Not being able to stop or control worrying?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Worrying too much about different things?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Trouble relaxing?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Being so restless that it is hard to sit still?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Becoming easily annoyed or irritable?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling afraid as if something awful might happen?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Scores : 5 = mild anxiety; 10 = moderate anxiety ; 15 = severe anxiety Further evaluation by GP/ specialist mental health service is required when the score is 10 or greater		

Edinburgh Postnatal Depression Scale (EPDS)⁴

Over the last one week, how have you felt?		Scores
I have been able to laugh and see the funny side of things	As much as I always could	0
	Not quite so much now	1
	Definitely not so much now	2
	Not at all	3
I have looked forward with enjoyment to things	As much as I ever did	0
	Rather less than I used to	1
	Definitely less than I used to	2
	Hardly at all	3
I have blamed myself unnecessarily when things went wrong	Yes, most of the time	3
	Yes, some of the time	2
	Not very often	1
	No, never	0
I have been anxious or worried for no good reason	No, not at all	0
	Hardly ever	1
	Yes, sometimes	2
	Yes, very often	3
I have felt scare or panicky for no very good reason	Yes, quite a lot	3
	Yes, sometimes	2
	No, not much	1
	No, not at all	0
Things have been getting on top of me	Yes, most of the time I have not been able to cope at all	3
	Yes, sometimes I have not been coping as well as usual	2
	No, most of the time I have coped quite well	1
	No, I have been coping as well as ever	0
I have been so unhappy that I have had difficulty sleeping	Yes, most of the time	3
	Yes, quite often	2
	Not very often	1
	No, not at all	0
I have felt sad or miserable	Yes, most of the time	3
	Yes, quite often	2
	Not very often	1
	No, not at all	0
I have been so unhappy that I have been crying	Yes, most of the time	3
	Yes, quite often	2
	Only occasionally	1
	No, never	0
The thought of harming myself has occurred to me	Yes, quite often	3
	Sometimes	2
	Hardly ever	1
	Never	0
Scores >12 likely depression		

⁴ Adapted from Cox JL, Holden JM, Sagivsky R 'Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale.' Br J Psychiatry. 1987 Jun;150:782-6.

Appendix 2: Menu of Interventions

GREEN PATHWAY:

Barnet 0 -19 Early Help Hubs		
<p>The 0 -19 Early Help Hubs provide help and support to children, young people and their families from before birth up to the age of 19 (or 25 if they have special education needs or a disability). They recognise that all families face challenges and sometimes need support. 0 -19 Early Help provides this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. The practitioners work with the whole family, but children are at the centre of all they do. Every family has strengths and 0 -19 Early Help can work with you to build on these. With parental consent, they can involve professionals that will work together so families only have to tell us about your situation once.</p>	<p>https://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families</p>	
Barnet Children's Centre's		
<p>Residents of Barnet that are either expecting a baby or have children under 5 years of age are able to register and access Children's Centre services. The Children's Centres are able to provide information, advice and provide access to services and activities.</p> <p>The aim of the Children's Centres is for every child to have the best start in life, better opportunities for parents, provide good quality childcare, stronger and safer communities.</p>	<p>https://www.barnet.gov.uk/childrencentres</p>	
HSBBEH Home-Start Barnet		
<p>Family Support</p>	<p>HSBBEH Home-Start Barnet Perinatal Health Coaches: Trained volunteers visit weekly to offer emotional and practical support to families in the perinatal period. Support is tailored to the needs of the families, with the aim of improving both their physical and emotional wellbeing, and that of their baby.</p>	<p>Tel: 020 8371 0674 Email: admin@homestartbarnet.org Website: http://homestartbarnet.org/</p>

		Referrals: http://homestartbarnet.org/referral-forms/
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AMBER PATHWAY:

Barnet Wellbeing Hub		
Signpost to services in the community	<p>The Hub is the single referral pathway for you to access services and activities in the community to improve your wellbeing.</p> <p>There is a wide range of services in Barnet, but the connections that we provide will focus initially on four key areas:</p> <ul style="list-style-type: none"> • signpost to Talking Therapies • Wellbeing and the Community • Advocacy • Information and Advice <p>Stress and wellbeing workshops</p>	<p>Tel: 03333449088</p> <p>Email: info@barnetwellbeing.org.uk</p> <p>Website: http://www.barnetwellbeing.org.uk/?q=node/11</p> <p>Address: Meritage Centre, Church End, Hendon, London, NW4 4JT</p>
CAHMS		

	<p>Assessment of children and young people’s mental health, behavioural and emotional well-being needs.</p> <p>Refer, asses and treat babies, children and young people (aged 0-18 years) and their families, with a wide range of mental health problems, disorders and illnesses, who require the help of a multi-disciplinary mental health service.</p>	<p>Barnet CAMHS East team Oak Lane Children's Centre, Oak Lane, East Finchley, Barnet N2 Tel: 020 8702 3300</p> <p>Barnet CAMHS West team, SCAN, Health and Emotional Wellbeing Service (HEWS) Holly Oak, Edgware Community Hospital, Burnt Oak Broadway, Edgware, HA8 0AD Tel: 020 8702 4500</p> <p>making a referral to Barnet CAMHS, click here.</p>
Community Barnet		
Mood Boosters	An online, tailored, live, therapeutic intervention to improve wellbeing for Barnet residents.	<p>Tel: 020 8364 8400 Email: info@communitybarnet.org.uk Address: Barnet House, 1255 High Rd, London N20 0EJ</p>
HSBBEH Home-Start Barnet		
Family Support	HSBBEH Home-Start Barnet Perinatal Health Coaches: Trained volunteers visit weekly to offer emotional and practical support to families in the perinatal period. Support is tailored to the needs of the families, with the aim of improving both their physical and emotional wellbeing, and that of their baby.	<p>Tel: 020 8371 0674 Email: admin@homestartbarnet.org Website: http://homestartbarnet.org/</p> <p>Referrals: http://homestartbarnet.org/referral-forms/</p>
Let’s Talk IAPT		

<p>Psychological Therapies Service (IAPT)</p>	<p>This service offers psychological treatment in the form of counselling or CBT for parents who present with low to moderate anxiety and/or depression. As it is a service that provides support for common mental health problems it would not be suited for women with personality disorders, bipolar or schizophrenia.</p> <p>Face to face counselling is offered for parents suffering from depression and CBT treatment is offered at two levels for depression and/ or anxiety.</p> <ul style="list-style-type: none"> - CBT at step 2: milder presentations for low mood or anxiety (30 min sessions, bi-weekly, either in groups or on the phone) CBT at step 3: more complex presentations (PTSD or OCD) with severe symptoms (50 min sessions. Weekly, face-to-face) 	<p>Tel: 0208 702 5309</p> <p>Email: lets-talk-barnet@nhs.net</p> <p>Website: www.lets-talk-iapt.nhs.uk</p> <p>Address: Let's Talk Barnet IAPT, First Floor Westgate House, Edgware Community Hospital, Burnt Oak Broadway, Edgware, HA8 0AD</p>
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RED PATHWAY:

Acacia midwives and Unity Midwives		
Support to women at risk of abuse	<p>The Acacia Team is based at Barnet Hospital and the Unity team is based at Royal Free Hospital, each team consists of specialist Midwives and Maternity Assistants.</p> <p>The Team offers an enhanced individualised care package, to meet the woman and families specific needs. Each care package is women and family centred, providing extra support during the pregnancy and enhanced care during the postnatal period for up to 28 days.</p> <p>Once the team have had a referral they caseload women and offer different interventions it could range from continuity of care, IAPTs or specialists Perinatal Mental Health team referrals</p>	<p>Acacia office: 0208 216 4141 Email: rf-tr.acaciateam@nhs.net</p> <p>Unity office: 020 7794 0500 Ext. 31034 Email: rf-tr.unity.midwife@nhs.net</p>
Crisis team		
Telephone service	<p>The Crisis line assess and advise accordingly and can refer to emergency services if required.</p> <p>Contact the Crisis team if a pregnant woman or a mother and her baby are showing physical symptoms they refer to Barnados</p>	<p>Barnet crisis team: 020 8702 4040 / 0800 151 0023</p>
Specialist Perinatal Services		

<p>Specialist services</p>	<p>Service Aims</p> <ul style="list-style-type: none"> To improve the health and wellbeing of women who have, or are at risk of mental health problems and improve outcomes for women, their infants, partners and their families. We follow the NICE guidelines on Antenatal and Postnatal Mental Health. To detect, prevent and treat perinatal mental illness and allow women time to consider the treatment and support options available in order to receive safe and effective care. We will work collaboratively with families/carers, and various other statutory and voluntary services i.e. maternity services, obstetricians, health visitor's other secondary mental health services and GP's to ensure good partnership working to support women's physical and mental health needs. <p>Referral Criteria; Women who are planning a pregnancy or pregnant or who gave birth within the last 13 months and have;</p> <ul style="list-style-type: none"> Been diagnosed at any time with a severe mental illness, (i.e., bipolar affective disorder/schizophrenia/ schizoaffective disorder/postpartum psychosis/severe depression), or Are currently open to a secondary mental health service, or Are experiencing new thoughts or acts of self-harm, or Have experienced a recent significant change in mental state, or Have a mental illness/psychological disturbance that can't be managed by primary care services, or Have expressions of incompetency as a mother or estrangement from the infant or Would benefit from advice on/review of psychiatric medication during pregnancy/breastfeeding <p>(This includes provision for preconception advice and relapse prevention work)</p>	<p>Telephone: 020 3317 7001 Email: NCL.perinatal@candi.nhs.uk (please email completed referral form to this address)</p> <p>Address: Cedar Place, North London Partners, 890 High Road, North Finchley N12 9RH</p> <p>Referral form and Website: https://www.beh-mht.nhs.uk/services/specialist-perinatal-services/219</p>
<p>Maple Service</p>		

<p>Specialist Psychological Therapy service</p>	<p><u>What Does Maple Offer?</u> Assessment, intervention and consultation which may include: Individual or group evidence-based psychological therapy e.g.</p> <ul style="list-style-type: none"> • Trauma focussed Cognitive Behavioural Therapy • Narrative Exposure Therapy • Eye Movement Desensitization & Reprocessing (EMDR) • Compassion Focussed Therapy <p>Peer support Specialist advice, training, consultation and co-working with referrers and related health professionals Specialist liaison with maternity colleagues</p> <p><u>How Long Can Maple Support People for?</u> We can support people pre-conception, during pregnancy and for up to two years post-natally, as appropriate.</p> <p><u>What Happens After My Referral?</u> We will acknowledge receipt of the referral and may contact you for further information, if required. Referrals will be reviewed weekly and we aim to advise you of the outcome within three working days. If the referral is accepted to Maple, we aim to offer an initial assessment within four weeks.</p> <p><u>Where is Maple Located?</u> We have a base, at Cedar Place, N12 9RH. However, we aim to be as flexible as possible and can meet people in community locations, hospital, at home or virtually.</p> <p>Maple is not an emergency service. We work Monday – Friday, 9-5pm. For emergency help call 999 or direct people to their local A&E.</p>	<p>Telephone: 020 3317 7001</p> <p>Email: NCL.perinatal@candi.nhs.uk (please email completed referral form to this address)</p> <p>Address: Cedar Place, North London Partners, 890 High Road, North Finchley N12 9RH</p> <p>Referral form and Website: Request from NCL.perinatal@candi.nhs.uk or https://www.beh-mht.nhs.uk/services/specialist-perinatal-services/219</p>
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UNIVERSAL SERVICES:

Association for Postnatal Illness		
Perinatal Mental Health Advice & Support	Leaflets, information sources and a helpline with live chat option	Tel: 0207 3860868 Website: www.apni.org Association for Post-Natal Illness 020 7368 0868,
Antenatal Results and Choices (ARC)		
Parental and professional support	ARC offers non-directive information and support to parents and professionals before, during and after antenatal screening; when they are told their baby has an anomaly; when they are making difficult decisions about continuing with or ending a pregnancy, and when they are coping with complex and painful issues after making a decision, including bereavement. Support includes: <ul style="list-style-type: none"> - Telephone counselling - Parent forums - Publications and sign posting - Professional resources including training 	Tel: 07875480076 Email: info@arc-uk.org Website: https://www.arc-uk.org/home
Action on post-partum psychosis		
Peer support	APP provides peer support for women with post-partum psychosis by women who have suffered from this illness. This support is in the form of: <ul style="list-style-type: none"> - PPTalk open online community forum - One to one support: peer support network for families, by trained peer supporters who have all recovered from post-partum psychosis through online messaging - Information for women who have experienced post-partum psychosis and their families on their website and Insider Guides 	Website: www.app-network.org
Barnet Breastfeeding Support Services		

Baby Feeding advice/ Breastfeeding peer support	<p>The service aims to promote breastfeeding within the Borough and provide direct support to mothers and babies in hospitals, primary care and in the community care settings and also achieve UNICEF accreditation.</p> <p>Pathway: This is an open referral policy for all mothers to be who live in Barnet though it will</p> <p>Provides new mothers with support and information on baby feeding. We run friendly and welcoming breastfeeding support groups at children’s centres and community centres across Barnet.</p>	<p>Tel: 0800 772 3110 between 9am-5pm. Email: hcp.4barnet@nhs.net</p>
Bereavement Services in Barnet		
Bereavement Midwives	<p>There are 2 Bereavement Midwives at The Royal Free London NHS Trust who can be contacted via the switchboard. Services include:</p> <ul style="list-style-type: none"> - Supporting families who have any pregnancy loss at any gestation (women will also be sign posted to other local and national support organisations). - Counselling that can be accessed from the ‘Women’s Health Counselling Service.’ <p>Additional support is offered as required.</p> <p>Any patient who has been cared for within the Labour Ward has a 24-hour contact number and all other women know to seek advice through their GP or A&E.</p>	<p>Tel: 0208 216 5185/0 Available Monday –Friday 08:00-16:00</p>
Bipolar UK		
Online e community	<p>Bipolar UK offer advice on how to support a loved one, information on how to manage your bipolar through these services:</p> <ul style="list-style-type: none"> - Helpline - e- community: supportive online forum for everyone affected by bipolar 	<p>Tel: 0333 323 3880 Website: www.bipolaruk.org.uk Forum: https://ecomunity.org.uk/ucp.php?mode=register</p>

Bumps		
Best use of medicine in pregnancy	<p>BUMPS is provided by the UK Teratology Information Service (UKTIS).</p> <p>UKTIS answers enquiries from health professionals (e.g. doctors, nurses, midwives) on the effects on the unborn baby of medicines and other chemicals that the mother may use or otherwise be exposed to.</p>	<p>Website: http://www.medicinesinpregnancy.org/Medicine--pregnancy/</p>
Cry-sis		
Families dealing with excessively crying baby	<p>Support for families with excessively crying, sleepless and demanding babies.</p>	<p>Tel: 0845 122 8669 Email: info@cry-sis.org.uk Website: www.cry-sis.org.uk Address: BM Cry-sis London WC1N 3XX</p>
Family Lives		
Family support	<p>Family Support Workers supports families through a number of national and local services:</p> <ul style="list-style-type: none"> - Parentchannel.tv – short videos with parenting tips - Forum - Online parenting course- Parents Together online <p>The relative experience programme helps kinship carers (other family members raising children) in Barnet to find support. They offer a wide range of services including:</p> <ul style="list-style-type: none"> - Individual support - Drop-in coffee mornings - Local support groups - Befriending service 	<p>Relative experience programme: 020 8981 8001 Tel: 0808 800 2222 Website: http://forum.familylives.org.uk/forums/ages-stages/pregnancy-and-baby</p>

Gingerbread		
Support groups for single parents	<p>Gingerbread support single parent families through these services:</p> <ul style="list-style-type: none"> - Local support groups - Helpline - Information and advice available online on a range of topics (benefits, childcare, education, housing, moving in with a new partner, separating, you and your child's wellbeing etc.) <p><u>Barnet Gingerbread group</u></p> <p>Gingerbread friendship groups are a chance for single parent families to get together, meet new people and share experiences (this is only accessible to single parents who have registered online)</p>	<p>Tel: 0207 428 5400 (Office) 0808 802 0925 (Helpline)</p> <p>Email: info@gingerbread.org.uk</p>
Lullaby Trust		
Expert advice	<p>The Lullaby Trust provides expert advice on safer sleep for babies, supports bereaved families and raises awareness of SIDS (Sudden Infant death Syndrome)</p>	<p>Tel: 0808 802 6869 Telephone (general enquiries): 020 7802 3200 email: office@lullabytrust.org.uk</p>
Bereavement support	<p>Little Lullabies is an online forum for young parents, by young parents</p>	<p>Bereavement Support: 0808 802 6868 email: support@lullabytrust.org.uk</p>
Online forum for young parents		<p>Website: www.lullabytrust.org.uk Address: The Lullaby Trust 11 Belgrave Road London SW1V 1RB</p> <p>Forum: www.littlelullaby.org.uk</p>

Maternal OCD		
Peer support	<p>Maternal OCD can provide peer support in the following ways:</p> <ul style="list-style-type: none"> - Skype or Facetime - Email exchange 	<p>Email: info@maternalocd.org Website: https://maternalocd.org/ Tweet: @maternalocd</p>
MIND Barnet		
General mental health support	<p>MIND supports people with mental health problems through the following services:</p> <ul style="list-style-type: none"> - Advice and Information - Advocacy - Befriending scheme - Counselling - Day services - Information services - Volunteer opportunities 	<p>Tel: 0208 343 5700 Email: admin@mindinbarnet.org.uk Website: http://www.mindinbarnet.org.uk Address: 55 Christchurch Avenue Finchley London N12 0DG</p>
NHS Choices		
Advice & Support	<p>Reliable information on postnatal depression and related concerns including symptoms and treatment advice</p>	<p>Website: https://www.nhs.uk/mental-health/conditions/post-natal-depression/</p>
OCD Action		
Online Perinatal OCD Support Group	<p>The Online Perinatal OCD Support Group is supported by OCD Actions 'Even Better Together project' and runs using Skype (audio only) but we are also able to add participants using a landline or mobile and because we send the call out then there is no cost to join in with a group session. Full support can be given with setting up the software for Skype, if you choose to join this way.</p> <ul style="list-style-type: none"> - The group is an informal and supportive environment to share experiences of having perinatal OCD and to offer encouragement to others. The group also has a closed Facebook group of which participants are offered access to if they wish. - 	<p>Tel: 0303 040 1112 (office hours) Email: sign-up@ebtsupportgroups.co.uk Website: https://ocdaction.org.uk/</p>

PANDAS		
Perinatal Mental Health Advice & Support	<ul style="list-style-type: none"> • Help support and advise parent experiencing a perinatal mental illness. • Also, to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering. <p>PANDAS provide support for families suffering prenatal/antenatal and postnatal illnesses through these services:</p> <ul style="list-style-type: none"> - PANDAS Helpline - PANDAS email support - PANDAS Foundation Facebook Page <p>PANDAS Dads Facebook Page – supports parents or carers affected by Perinatal Mental Health illness</p>	<p>Tel: Helpline: 08081961776 9am – 8pm 0843 28 98 401 Website: www.pandasfoundation.org.uk</p>
PND & Me		
Postnatal depression peer support	<p>PNDHour - twitter support network set up to provide a safe space to discuss pre and post-natal illness and help connect those affected by the illness, and provide support for each other.</p>	<p>Email: rosey@pndandme.co.uk Website: http://www.pndandme.co.uk/pndchat Twitter: @PNDandMe</p>
Relate		
Relationship support services	<p>Relate offer relationship support services at two centers' in Barnet (Finchley and Golders Green)</p> <ul style="list-style-type: none"> - Relationship Counselling - Mediation - Family Counselling - Sex Therapy 	<p>Tel: 0300 003 2324 (Option 1 - Counselling), 0300 003 2324 (Option 2 - Mediation) Email: info@relatelondonnw.org.uk https://www.relate.org.uk/london-north-west-and-hertfordshire/our-locations</p>
Samaritans		
General support	<p>Samaritans have a national helpline and local group with trained volunteers</p>	<p>National telephone: 116 123 (this number is free to call) Email Samaritans: jo@samaritans.org</p> <p>Samaritans London 191a Bowes Road, London, N11 2HN</p>

The Birth Trauma Association		
	<p>Peer- group led Facebook page available for women across the nation who have anxiety about reaching for help, women can be anonymous, the page is moderated and there is a clinical psychologist it is a service to offer support</p> <p>Support for fathers- Fathers/ partners page – information and advice for fathers and partners of women who have suffered from a traumatic birth. There are also volunteers who are fathers themselves (not trained counsellors) but can share their experience and offer support)</p> <ul style="list-style-type: none"> - Helpline 	<p>Telephone: 01264 860380</p> <p>Website: http://www.birthtraumaassociation.org.uk/</p> <p>Address: Holly Tree Farm, 92 Crosshill Codnor Ripley, Derbyshire DE5 9SQ</p>
Tommy's		
Miscarriage and pregnancy support	<p>Tommy's support parents and families who lose a baby, experience premature birth and to help everyone have a safe and healthy pregnancy.</p> <ul style="list-style-type: none"> - Miscarriage support - Stillbirth support - Premature birth support - Pregnancy information - Pregnancy line – nationwide - Facebook page: https://www.facebook.com/havingahealthypregnancy/ - questions are answered by midwives, six topics discussed, one of them is perinatal mental health <p>Wellbeing plan complete with the midwife</p>	<p>Tel: free to call and open Monday- Friday 9am-5pm</p> <p>Website: www.tommys.org/pregnancy</p> <p>Facebook page: https://www.facebook.com/havingahealthypregnancy/</p>

SMARTPHONE APPS

BabyBuddy

The app aims to help all families in the UK particularly young parents and those from disadvantaged backgrounds. Baby Buddy also provides the option for professionals to use the app to aid them in supporting new and expectant parents.

The app provides useful information through a personal Buddy to improve parents' confidence, knowledge and skills. The Buddy acts as a virtual friend to support families on the emotional, physical and social journey through pregnancy and becoming a new parent.

The [Out of the Blue](#) short films are fully integrated into the Baby Buddy app and helps to raise awareness and reduce stigma around perinatal mental health issues.

- **Bump/Baby Buddy** – your virtual expert on all things pregnancy/baby so you can ask her a question at any time. Tap on your Buddy and she will read the app content aloud to you
- **Today's information** – daily bitesize chunks of information tailored to your stage of pregnancy/your baby's age (available in the web version)
- **Ask me** – type in any question and your Buddy will answer with expert information (available in the web version)
- **Bump/Baby Book** – you can write about your thoughts and feelings of everything you've been doing during your pregnancy and the first few months of your baby's life. You can even add photos and share pages with friends and family.

Videos: to support mental health, around feelings in pregnancy, coping and support, feelings after birth <https://web.bestbeginnings.org.uk/web/videos/your-mental-health/mental-health-problems>

[@BestBeginnings](#)
[@AlisonBaum](#)
[@babybuddyapp](#)

Website:

<https://www.bestbeginnings.org.uk/Pages/Contact.aspx>

Ask Teddi – Solutions4Health		
	<p>Teddi has been built on health and emotional wellbeing evidence-based data, resources from trusted sources, knowledge from key subject matter experts, insights from large teams of Health Visitors and School Nurses, parenting expertise, user feedback, and advances in AI to be there for you at any time.</p> <p>Raising a child can be really tough and the early years between 0-5 are really important. The Ask Teddi app is here to help with useful tips, advice and support to help you give your child the best start in life. Advice on:</p> <p>Breast and bottle feeding Sleep and Play Introducing solids Attachment and bonding</p>	<p>Ask Teddi is available for you to download to your smartphone from www.ask-teddi.com</p> <p>For free access, please ensure you enable location permission</p>
Moment Health		
	<p>Moment Health aims to connect mothers and new parents with the tools and knowledge they need to sustain good mental health and recover from illness through these services:</p> <ul style="list-style-type: none"> - Checker: Survey based on clinical techniques with practical recommendations - Tracker: Emotion diary with weekly reporting; a useful tool for identifying triggers - Locator: Recommended centres and groups based on your requirements - Community: Connectedness, support, companionship and advice 	<p>https://www.facebook.com/groups/momentcommunity/</p> <p>can be downloaded from:</p> <p>The App store</p> <p>Google Play</p>
MUSH		
	<p>Mush is a local social network of mums, so that mums (or dads!) can find other mums nearby, know what's going on, know where to go and organise Meetups.</p>	<p>Can be downloaded on:</p>

	<ul style="list-style-type: none"> - Mush Matcher: Find like-minded mums with kids the same age. - Mush Messaging: Chat and meet up with mums near you. - Mush-ups: Join your local groups of mums. - Places: Discover, recommend and review places nearby. - Guides: Our great writers will keep you smiling as we all tackle the motherhood adventure 	<p>Apple store</p> <p>Google play</p>
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FATHERS		
Dads Matter		
Counselling and online support	Provide support for dads worried about or suffering from Depression, Anxiety and Post-Traumatic Stress Disorder (PTSD). <ul style="list-style-type: none"> - Counselling - Online screening tools for depression - Support and useful resources 	www.dadsmatteruk.org
NCT		
Postnatal Depression fathers peer support group	Provide information on PND in fathers, causes and treatment as well as an online peer support group #PNDhour	NCT New Parent Support https://www.nct.org.uk/parenting/postnatal-depression-dads
Dad Pad		
It's the essential guide for new	As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life.	CONTACT Tel: 07403 274 757

dads, developed with the NHS.		Email: hello@thedadpad.co.uk
Reaching Out		
Workshops and training for health professionals	Offers workshops and training courses with Dr. Jan Hanley for Health Visitors and Midwives, listening courses on how to engage with fathers and how to help fathers who suffer from PND	<p>Tel: on 07472959889.</p> <p>Email: fathersreachingoutpmh@gmail.com</p> <p>Twitter @markwilliamsFMH</p> <p>Website: www.reachingoutpmh.co.uk</p>
Anna Freud Mind the Dad		
Free Online and one to one support or in groups for fathers to meet other dads	<p>Any father with a child under 2y</p> <p>Perinatal team to identify dads through conversations with Mums and if present, Dads, disseminating leaflets about service through post, social media, newsletters</p> <p>Engaging wider networks to identify fathers</p> <p>Fathers can be referred by professionals or they can self-refer on our website</p> <p>Fathers are invited for assessment by Anna Freud Therapists to identify which intervention most appropriate</p>	<p>mindthedad@annafreud.org</p> <p>https://www.annafreud.org/early-years/our-projects-supporting-under-fives/mind-the-dad/</p>