



Parents in Mind referral information and form

What do the Parents in Mind Peer Supporters do?

Our trained volunteer peer supporters are available to offer free emotional support to parents who are expecting a baby or have a child under two, who feel they are experiencing **antenatal or postnatal mental health difficulties**. Support is also available to those closely supporting a parent who is facing these challenges.

Support is offered 1:1 and in group spaces – both remotely (eg via WhatsApp or phone) and face-to-face in public spaces (eg parks or Children's Centres). Locations and times vary.

The support is recovery focussed, utilising an empathic and strengths based listening approach with the aim of supporting parents and their partners:

- in reducing stigma around mental health difficulties by offering a safe space to speak about their experiences
- by normalising some of the inherent difficulties which occur when transitioning into parenthood
- to improve mental wellbeing and increase confidence and self esteem
- to seek friendship and reduce any sense of isolation
- to find out about and access other services and support as appropriate.

Parents in Mind is hosted by **volunteers who have direct experience of, or experience closely supporting, struggles with wellbeing as a new parent**, and is a '**low intensity service**' for parents and their partners **aged 16 years or over**, facing mild to moderate mental health difficulties linked to parenthood.

Who is Parents in Mind for?

Any parent or partner struggling emotionally (i.e. feeling low, anxious) in pregnancy and/or up to two years post birth, registered with a GP practice in St Helens.

Who can refer to Parents in Mind?

Any health or social care professional can refer into the service, or parents or partners can also refer themselves. The consent of the service user is required for referral.

What happens after a referral is made?

All referrals will be contacted by the Parents in Mind Client Caseworker within five working days of the referral being received by telephone/email. A brief online mental health survey and telephone referral meeting will then be arranged with the service user to better understand their circumstances, provide signposting and set up an individual support. Clients will be reviewed every eight weeks to monitor progress/support signposting to additional/complementary or exit services where necessary.

Are there any exclusions?

Parents in Mind is **not a crisis service**. If the referral requires immediate support, please contact the Assessment Team: 01744 621 688, or the Crisis Service on 0800 051 1508. For those experiencing moderate to severe difficulties, please contact the North West Boroughs Healthcare specialist perinatal mental health team on 01925 275 303. Also consider Think Wellbeing St Helens if the referral is in need of a more structured/intensive mild-moderate support.

Parents and partners age 16-17, or those working with Social Care at L4 (Child Protection) will be assessed for support on a case-by-case basis, to ensure that Parents in Mind volunteers are equipped to support the wellbeing of these families in light of the interventions and possible complexities of circumstance. We would require consent to open communication with other services around the family in these instances, and cannot be part of any compulsory attendance commitment.



Referral form

For all enquiries relating to referrals please contact Holly Flynn on **07562 207644**

Please send referrals to **parentsinmind.nw@nct.org.uk**

Date of referral

Has consent been given by the client? Yes

Name of parent or partner

Address

Postcode

Contact telephone number

Email

DOB

Ethnicity

Language(s) spoken

Country of origin

Disability

EDD (if antenatal)

Baby's DOB (if postnatal)

First pregnancy/baby Yes

No

Total number of children

Next of kin: (name)

(contact number)

(relationship)

Referrers details

Name

Relationship

Telephone

Email Address

How did you hear about PiM?



Referral form

Reason for referral

Details of any previous mental health history

Please provide details of any other agencies involved/services being accessed/family and friend support

Signature of referrer

NCT is registered as a controller with the UK Information Commissioner's Office – registration number Z7500160.

We will use the personal information that you provide in this form and to the local project manager in accordance with applicable data protection laws and our Privacy Policy – available at www.nct.org.uk/privacy.

We will process your personal information to decide your eligibility for the service, to match you with a suitable volunteer, to carry out our obligations under any contract between us and our commissioner, and where otherwise reasonably necessary for our purposes. We share anonymised and aggregated data with our funders to demonstrate the effectiveness of our service. We also use this data to check that we are reaching all members of the community. We will hold the information you provide in an electronic form and for the duration of the project. The only people who will have access to this information are the NCT staff involved with the project and our external evaluators with whom we have a data processing agreement.

We will contact you about the Parents in Mind project and to discuss your needs and what you'd like to receive from the project. We'll also contact you during your time with us to see how you're getting on. Please tell us how you would like to be contacted:

Email Telephone Text message

You can unsubscribe from these communications at any time and if you are already an applicant, you can change your communications preferences online or by contacting us.