



If at anytime you have **concerns for the safety or welfare** of the unborn baby/baby or other children in the family you should seek safeguarding advice and follow NYSCP procedures [www.safeguardingchildren.co.uk/professionals/procedures-practice-guidance-and-one-minute-guides](http://www.safeguardingchildren.co.uk/professionals/procedures-practice-guidance-and-one-minute-guides)



## Getting advice

- Promotion of good mental health
- Those who need advice and signposting

### Community Midwifery

1-2-1 support during routine appointments for pregnant and postnatal women. Refer to specialist mental health services for additional support.

### Healthy Minds Craven & Bradford

Support and signposting for adults, children and young people in Craven and Bradford. [www.healthyminds.services](http://www.healthyminds.services)

### Healthy Child Programme (HCP)

Assessment of women's mental health at first contact (ante-natal) plus a minimum of two additional core contacts. Single Point of Contact 0300 303 0916.

Growing Healthy North Yorkshire App - includes information for new parents.



### Children and Families Early Help

[www.northyorks.gov.uk/children-and-families/early-help/children-and-families-early-help-offer](http://www.northyorks.gov.uk/children-and-families/early-help/children-and-families-early-help-offer)

**Online parenting courses:** the Solihull Approach courses are FREE for all North Yorkshire parents, carers and foster carers. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and add the access code NYFAMILIES. Includes 'Understanding your baby' course. Available in a range of community languages.

**Amazing Babies:** 6-week parenting programme supporting early parent-infant relationships.

### Community support networks

Welcome to NY Connect | NY Connect [www.northyorkshireconnect.org.uk](http://www.northyorkshireconnect.org.uk)

Hearts and Minds [www.heartsandmindspartnership.org](http://www.heartsandmindspartnership.org)

### North Yorkshire Libraries

Help with health and wellbeing from your library [www.northyorks.gov.uk/leisure-tourism-and-culture/libraries/help-health-and-wellbeing-your-library](http://www.northyorks.gov.uk/leisure-tourism-and-culture/libraries/help-health-and-wellbeing-your-library)

## Online resources

- [www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems](http://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems)
- <https://thedadpad.co.uk>
- [www.everymumatters.com](http://www.everymumatters.com)
- [www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)
- [www.acacia.org.uk](http://www.acacia.org.uk)
- [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)



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## Getting help

- Mild to moderate
- Those who need focused goal-based input

### NHS Talking Therapies (formerly IAPT)

Primary care mental health services that offer assessment and treatment for individuals with common mental health problems. Perinatal individuals and their partners are prioritised for assessment and treatment.

- **York and Selby**  
<https://yorkandselbytalkingtherapies.co.uk>
- **North Yorkshire**  
<https://northyorkshiretalkingtherapies.co.uk>
- **Craven**  
<https://www.bdctalkingtherapies.nhs.uk>



### Parent Infant Mental Health Team (Craven)

- Little Minds Matter - <https://www.bdct.nhs.uk/services/little-minds-matter>
- Consultation service only for staff working in Craven 01274 251298

### NSPCC Pregnancy in Mind

Pregnancy in Mind (PIM) is an online preventative group programme for parents-to-be who are at risk, or suffering with, mild-moderate anxiety and depression.

Tel: 01274 381440

<https://learning.nspcc.org.uk/services-children-families/pregnancy-in-mind>

### Specialist Midwives

- **York/Scarborough Trust**  
email: [Lorraine.dodd6@nhs.net](mailto:Lorraine.dodd6@nhs.net)
- **South Tees NHS Foundation**  
email: [ellie.young2@nhs.net](mailto:ellie.young2@nhs.net)
- **Harrogate and District NHS Foundation Trust**  
email: [hdfc.communityteamleader@nhs.net](mailto:hdfc.communityteamleader@nhs.net)
- **Airedale NHS Foundation Trust**  
email: [zoe.ludgate@nhs.net](mailto:zoe.ludgate@nhs.net)
- **Durham/Darlington**  
email: [tewv.durhamdarlingtonperinatal@nhs.net](mailto:tewv.durhamdarlingtonperinatal@nhs.net)  
Tel: 0191 4510400

Getting help **continued** ➤



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### GP Primary Care

Advice and guidance for self-directed support, as well as referring for counselling and therapies. Some GP surgeries have Mental Health first contact workers based in GP surgeries. Contact local GP practice for further details.

### Healthy Child Programme (HCP) Listening Visits

Up to 6 listening visits can be offered by the Health Visitor following an assessment.

Single Point of Contact 0300 303 0916

### Me, You and Baby Too

FREE online course for new and expectant parents.

- What your baby picks up even before they are born
- Why stress should be a shared burden
- How you and your partner can support each other
- How to talk to bring up difficult topics
- How arguments start and how to stop them

Register at this address

[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)

or scan the QR code



### Online resources

- <https://maternalmentalhealthalliance.org>
- <https://pandasfoundation.org.uk>
- <https://www.cruse.org.uk/get-support>
- <https://relationshipsmatter.org.uk>



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## Getting more help

- Moderate to severe
- Those who need more extensive and specialised goals-based help

### North Yorkshire Perinatal Mental Health Teams

A range of health professionals work within the team to support pregnant and post-natal individuals with a current mental illness or who have previously been unwell and are at risk of becoming unwell.

- **Scarborough Whitby Ryedale**  
email: [tewv.swr-amh@nhs.net](mailto:tewv.swr-amh@nhs.net)
- **Harrogate and Rural**  
email: [tewv.hard-amh@nhs.net](mailto:tewv.hard-amh@nhs.net)
- **Hambleton and Richmondshire**  
email: [tewv.amh-hr@nhs.net](mailto:tewv.amh-hr@nhs.net)
- **York and Selby**  
email: [tewv.yorkaccesspoint@nhs.net](mailto:tewv.yorkaccesspoint@nhs.net)  
Direct Contact: Telephone: 01904 556 724  
email: [tewv.northyorksperinatal@nhs.net](mailto:tewv.northyorksperinatal@nhs.net)

### SMABS Specialist Mother & Baby Service in Bradford (Craven only)

Specialist short-term treatment to support recovery during pregnancy and after-birth for those experiencing severe mental problems or who have experienced these in the past.

Health professionals can call the single point of access line for advice 01274 221180.

- Referrals:  
email: [firstresponseadmin@bdct.nhs.uk](mailto:firstresponseadmin@bdct.nhs.uk)
- Professional queries/discussion:  
email: [perinatalsmabs@bdct.nhs.uk](mailto:perinatalsmabs@bdct.nhs.uk)
- Specialist Mother and Baby Mental Health service - Bradford, Airedale, Wharfedale and Craven:  
<https://www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service>



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## Getting risk support ➤ Severe to urgent

### North Yorkshire Crisis Support (excluding Craven)

- Available 24/7
- Self-referral to TEVV single point of access crisis freephone number.
- 0800 0516 171

### Bradford (Craven) Crisis Support

- Available 24/7
- Women can call the service for themselves, or a call can be made by a friend, carer or relative 0800 952 1181.
- First Response - crisis service - Mental Health Crisis Support <https://www.bdct.nhs.uk/services/first-response>

### The Yorkshire and Humber Mother and Baby Unit

Inpatient unit for mothers experiencing severe mental health difficulties.

- Leeds and York Partnership NHS Foundation Trust - Perinatal Mental Health Service <https://www.leedsandyorkpft.nhs.uk/our-services/perinatal-mental-health-service>
- <https://www.nhswebbeds.co.uk>

### Online resources

- <https://www.app-network.org>

This document has been developed to support professionals working with mothers, partners, and babies in North Yorkshire to identify services that can provide social, emotional wellbeing and mental health support. Contact individual services directly for further information. The source for pillar definitions used in this document was adapted from the i-THRIVE framework.

Brought to you by Public Health, North Yorkshire Council and  
North Yorkshire Perinatal & Infant Mental Health Partnership

