

Maternity and Neonatal Psychological Interventions service (MNPI)

Support for emotional difficulties related to complications during pregnancy, birth, and neonatal inpatient care

Pregnancy can be a time of significant emotional adjustment. There are a number of factors that may negatively impact an individual parent's emotional wellbeing over the course of their pregnancy and the postnatal journey. These may include:

- medical complications related to the current pregnancy or birth experience
- having a baby admitted to Special Care or Neonatal Intensive Care
- having had previous negative experiences related to pregnancy, birth, neonatal care that affects experiences of maternity care during a next pregnancy
- having experienced baby loss in the past that impacts on experiences of maternity care during a next pregnancy
- having a specific phobia such as fear of giving birth (also called primary or secondary Tokophobia)
- facing a complicated postnatal emotional adjustment process related to experiences of birth trauma.

When circumstances such as these arise, in addition to the professionals who are part of your maternity, medical and allied health care team, NHS Lothian's **Maternity and Neonatal Psychological Interventions (MNPI)** service provide specialist assessment, advice and supports for women, birthing people and partners. The MNPI clinical team includes clinical psychologists, clinical associates in applied psychology, and a specialist perinatal mental health midwife. The team can offer indirect support via your community midwife or hospital team through consultation and advice. They can also offer direct support using a range of psychological interventions. These can include interventions that support emotional coping during pregnancy, emotional recovery following difficult maternity or neonatal experiences, and support for the developing parent-infant relationship. The team can also support families via close links with colleagues in local charities who have resources for individuals during pregnancy and following birth.

The MNPI service is open to all individuals who would like to access support from the team within these different areas of need. Please get in touch with the team via your GP, midwife, medical consultant, allied health professional, Health Visitor, or Family Nurse Partnership nurse.

If your baby is in neonatal or special baby care, or has been discharged within the previous year you can contact the team directly. If you would like to access support please use the team details included on the 'Neonatal Family Wellbeing Team' information leaflet or ask the neonatal or special care team.

For information on NHS Lothian's data protection policies please see:

www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx

Other sources of information and support

Urgent concerns – If you had any urgent concerns about your mental health please speak with your GP or call NHS24 if out of hours in the first instance.

Helpful Links for parents

- Parent Club – information for parents in Scotland www.parentclub.scot
- Tiny Happy People, BBC - www.bbc.co.uk/tiny-happy-people
- Twins and multiples www.twinstrust.org
- Information and resources for fathers www.fathersnetwork.org.uk
- Rainbow families LGBTQ+ <https://www.lgbthealth.org.uk/services-support/rainbow-families/>
- NHS Lothian's Parent and Infant Relationships Service (PAIRS) website <https://services.nhslothian.scot/pairs/>
- Solihull online: Free NHS recommended evidence-based, online modules for parents <https://education.gov.scot/parentzone/news-and-events/solihull-online-free-resources-for-parents-and-carers/>

Perinatal mental health and wellbeing resources

- Information on perinatal mental health www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems/
- A directory of perinatal mental health supports in Scotland - <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>
- NHS Lothian's mental health and wellbeing information pages - www.wellbeinglothian.scot/
- CrossReach Perinatal – a local source of counselling and therapeutic groups for parents with children under 2 www.crossreach.org.uk/our-locations/crossreach-perinatal-service
- Cognitive Behavioural Therapy (CBT) online - Ask your GP or Health Visitor about making a referral for you to:-
 - Silvercloud cCBT Space for Perinatal Wellbeing online modules. A supported online evidence-based therapy for perinatal people
 - IESO a text-based CBT therapy service to treat a range of mental health difficulties www.iesohealth.com/areas/scotland
- Self-help resources to support mood and wellbeing –
 - Anxiety www.trydaylight.com/nhs
 - Mood/anxiety www.livinglifetotheull.com
 - Sleep www.sleepio.com/nhs
- Directories of local supports across Lothian - ifhrivedinburgh.org.uk ; midspace.co.uk; eastspace.org.uk ; www.westspace.org.uk
- A 'walk in' mental health information service – The mental health information station <https://services.nhslothian.scot/mentalhealthinformationstation>
- Local perinatal mental health peer support groups (online and face to face) - www.juno.uk.com
- Local support for perinatal dads: www.dadsrock.org.uk/
- Local information and supports for experiences of loss heldinourhearts.org.uk; simbachelority.org.uk
- Birth trauma association www.birthtraumaassociation.org.uk
- Bliss – information and supports for parents of premature and sick babies - www.bliss.org.uk/parents/support

Helpful Numbers

- Parentline – a freephone support for parents 08000 28 22 33 www.children1st.org.uk/help-for-families/parentline-scotland/
- Crysis – a support line for parents with crying and sleepless babies <https://www.crysis.org.uk/> 0800 448 0737 Lines open 7 days a week 91m-10pm
- Breathing Space – listening and advice for times of overwhelm 0800 83 85 87 breathingspace.scot
- NHS 24 – 111
- The Samaritans – 116 123