



“Throughout my illness I was treated with great care and respect by all the staff. We cannot thank you enough for your professionalism and compassion at such a difficult time. It is no exaggeration to say that you helped to give us our lives back.”

Perinatal Mental Health Service
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Perinatal Mental Health Service
Mother & Baby Unit



Information leaflet



Introduction

The **Mental Health Mother and Baby unit** has six beds and six cots and admits mother and baby together where the child is under one year old. This means that women can receive appropriate care and treatment for their mental illness, while being able to maintain and develop their parenting role and relationship with their infant.

The unit has access to a full range of services available to the adult mental health unit and on-site maternity and neonatal paediatric services. This is a regional service that provides treatment and care for mother and baby for NHS Borders, Fife, Highland, Lothian and Tayside.

Mission Statement

The Mother and Baby Unit will provide a safe, welcoming and healing environment. We are a family-friendly, warm and supportive multi-disciplinary team. We aim to support individuals and their families by providing treatment and care on an individual basis, whilst recognising and respecting cultural and other differences.

Our facilities

The service is based in St John's Hospital, Livingston and provides a modern, attractive living area. The unit is spacious and has:

- Six individual bedrooms with cots
- Nursery with additional cots
- Sitting room/ dining room with fitted kitchen area
- Milk kitchen
- Family room
- Laundry room

Admission

The team will be happy to discuss any further questions you may have regarding your admission over the phone (*see contact details on back page*). We have provided a list of essentials to bring with you at the bottom of this page. You can expect to be greeted on arrival to the unit in a respectful and sensitive manner.

We know that some people like more information than others on arrival and we try to gauge this to get it right for you. We also provide written information in a patient information folder/directory regarding your stay in the Mother and Baby Unit. You will have lots of opportunities to talk through your admission and plans for treatment and care with your key nurse and other members of the team.

The Mother & Baby Unit team looking after you day-to-day consists of Mental Health Staff Nurses and Nursery Nurses and Nursing Assistants who can support you in looking after your baby. Other professionals will also be involved in your care where necessary. The unit has flexible visiting and encourages participation of family members through admission. A visit to the unit before admission can be arranged through contacting your referrer.

Post-natal mental illness

Mental illness following childbirth is relatively common. Around 10 to 15% of women may suffer from depression during pregnancy or after childbirth. Most women recover with the help of a midwife, health visitor and GP. Some women will experience more serious mental illness requiring admission to hospital.

Things to bring with you when you are admitted

- A few changes of comfortable clothes, shoes, coat or jacket
- Nightwear, dressing gown, slippers
- Toiletries
- Telephone numbers and contacts, mobile phone and charger
- Current medication

Things to bring for the baby

- Nappies, nappy sacks and wipes
- Preferred breast pump
- Bottles and teats
- Day/night clothes and coat
- Red book
- Baby toiletries
- Formula milk
- Dummies and soothers
- Preferred blanket and toys
- Current medication