

Type of resource	PERINATAL MENTAL HEALTH RELEVANT RESOURCES
Management Guidelines	<b>NICE Guidance Dec 2014:Antenatal and postnatal mental health: clinical management and service guidance</b> <a href="http://www.nice.org.uk/guidance/cg192">http://www.nice.org.uk/guidance/cg192</a>
	<b>SIGN Guidelines 127: Management of perinatal mood disorders:</b> <a href="https://www.sign.ac.uk/sign-127-management-of-perinatal-mood-disorders.html">https://www.sign.ac.uk/sign-127-management-of-perinatal-mood-disorders.html</a>
	<b>British Association for Psychopharmacology consensus guidelines on the use of psychotropic medication preconception, in pregnancy and postpartum 2017</b> <a href="https://www.bap.org.uk/pdfs/BAP_Guidelines-Perinatal.pdf">https://www.bap.org.uk/pdfs/BAP_Guidelines-Perinatal.pdf</a>
Medication Information	<b>Best Use of Medicines in Pregnancy</b> – information on specific medications during pregnancy and associated risks. Has a patient friendly portal <a href="http://www.medicinesinpregnancy.org">www.medicinesinpregnancy.org</a>
	<b>NHS Choice and Medication</b> – information on medication during antenatal and postnatal period including drug comparison charts <a href="http://www.choiceandmedication.org/nhs24/">http://www.choiceandmedication.org/nhs24/</a> go to ‘Drugs in Pregnancy’ (covers from fertility to postnatal period)
Information on conditions	<b>Royal College of Psychiatrists</b> – patient information leaflets on conditions including postnatal depression, OCD, psychosis ( <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a> ) <a href="http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postpartumpsychosis.aspx">http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postpartumpsychosis.aspx</a>
Perinatal Depression	<b>Bluebell</b> <a href="http://www.bluebellcare.org">http://www.bluebellcare.org</a> - info on anxiety and depression, includes info for dads <b>Association for Post Natal Illness</b> <a href="http://www.apni.org">http://www.apni.org</a> info on anxiety and depression and paternal postnatal depression <b>PANDAS</b> – Pre- and postnatal mental illness <a href="http://www.pandasfoundation.org.uk/">http://www.pandasfoundation.org.uk/</a> Run support groups in some areas  <b>Postpartum Support International</b> Information and support for sufferers of postnatal depression and their families <a href="http://www.postpartum.net">www.postpartum.net</a> <b>The Smile Group</b> <a href="http://www.thesmilegroup.org-">http://www.thesmilegroup.org-</a> supporting mums in living with emotions’. Useful self-help resources <b>The Joanne Bingley Memorial Foundation-</b> information and self help resources on postnatal depression <a href="http://www.joebingleymemorialfoundation.org.uk">http://www.joebingleymemorialfoundation.org.uk</a>
Postpartum psychosis	<b>APP website Action Postpartum Psychosis, the UK Postpartum Psychosis Network – info on postpartum psychosis</b> including patient and carer information and guidance on pregnancy planning <a href="http://www.app-network.org/">http://www.app-network.org/</a>
Bipolar Affective Disorder	<b>Bipolar UK</b> – information on pregnancy planning for women who have bipolar affective disorder, and postpartum psychosis <a href="https://www.bipolaruk.org/information-on-postpartum-psychosis">https://www.bipolaruk.org/information-on-postpartum-psychosis</a>
OCD-Uk	<b>OCD-UK</b> – information on OCD during the perinatal period <a href="http://www.oed.uk.org/prenatal-postnatal-ocd">www.oed.uk.org/prenatal-postnatal-ocd</a>
Birth Trauma	<b>Birth Trauma Association</b> <a href="http://www.birthtraumaassociation.org.uk/">http://www.birthtraumaassociation.org.uk/</a>
Other national resources	<b>Cry-sis</b> provides support for families with excessively crying, sleepless and demanding babies <a href="http://www.cry-sis.org.uk">www.cry-sis.org.uk</a> Helpline: 08451-228-669
	<b>Financial information for parents- Money Advice-</b> tips and information on maternity allowance, child tax credit and other benefits <a href="https://www.moneyadviceservice.org.uk/en/categories/having-a-baby">https://www.moneyadviceservice.org.uk/en/categories/having-a-baby</a>
	<b>ParentLine</b> <a href="http://www.children1st.org.uk/parentline-scotland">http://www.children1st.org.uk/parentline-scotland</a> Confidential helpline, providing advice and support to anyone caring for or concerned about a child <b>Parentline Scotland: 08000 28 22 33</b>

	<p><b>Tommy's Wellbeing Plan</b> –information and wellbeing plan to promote mental health during the perinatal period. Also resources on emotional changes during pregnancy, stress management and depression  <a href="https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy/wellbeing-plan">https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy/wellbeing-plan</a></p>
<b>Peer support on twitter</b>	<p><b>'PND and Me'</b> <a href="http://www.pndandme.co.uk/pndhour/">http://www.pndandme.co.uk/pndhour/</a>  <b>Twitter</b> @PNDandMe #PNDhour (wed 8pm) - peer support for mothers' with perinatal depression by award winning peer supporter Rosie Wren. Informative blog</p>
<b>Training resources &amp; information</b>	<p><b>Maternal Mental Health Alliance – useful resources for clinicians</b>  <a href="http://maternalmentalhealthalliance.org/resources/clinicians/">http://maternalmentalhealthalliance.org/resources/clinicians/</a></p>
	<p><b>NES Modules on perinatal mental health:</b>  <a href="http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx">http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx</a></p>
	<p><b>E-learning for healthcare</b> – Modules for Health Visitors on Perinatal Mental Health  <a href="https://www.e-lfh.org.uk/programmes/perinatal-mental-health/">https://www.e-lfh.org.uk/programmes/perinatal-mental-health/</a></p>
<b>Royal College of GPs Clinical Resources</b>	<p><b>Guidelines and resources for managing perinatal mental health conditions in primary care</b>  <a href="http://www.rcgp.org.uk/clinical-and-research/toolkits/perinatal-mental-health-toolkit.aspx">http://www.rcgp.org.uk/clinical-and-research/toolkits/perinatal-mental-health-toolkit.aspx</a></p>
<b>Lothian perinatal resources</b>	<p><b>Crossreach Counselling-</b> provides counselling in different areas in NHS Lothian including Edinburgh and East Lothian (prestonpans) including 1:1, couple and group counselling.  <a href="https://www.crossreach.org.uk/our-locations/crossreach-counselling-lothians-edinburgh">https://www.crossreach.org.uk/our-locations/crossreach-counselling-lothians-edinburgh</a> Contact: 0131 552 8901</p>
	<p><b>Dads Rock-</b> provides information for fathers and Dads playgroups in Edinburgh  <a href="https://www.dadsrock.org.uk/">https://www.dadsrock.org.uk/</a> email: <a href="mailto:Hello@dadsrock.org.uk">Hello@dadsrock.org.uk</a></p>
	<p><b>Dr. Bells Family Centre</b> Provides range of family and children support incl crèche 0-5yrs, counselling, PEEP groups, baby massage, healthy eating, and activities for families from Leith in circumstances of social disadvantage 0131 553 0100  <a href="http://www.drbells.co.uk">http://www.drbells.co.uk</a></p>
	<p><b>Home start</b> <a href="https://www.home-start.org.uk">https://www.home-start.org.uk</a> provides a range of support for families, including 1:1 homestart volunteers. Edinburgh Leith and NE, Edinburgh West and South West; East Lothian, Midlothian and West Lothian branches</p>
	<p><b>Home link</b> - Edinburgh and Midlothian. Antenatal and postnatal support.0131 661 0890 <a href="http://www.homelinkfamilysupport.org">www.homelinkfamilysupport.org</a></p>
	<p><b>JUNO Perinatal Mental Health Peer support-</b> provides a range of groups for mothers with lived experience of mental illness across sites in NHS Lothian including Edinburgh and Midlothian and a Birth Trauma group and includes subsidised access to counselling <a href="https://www.juno.uk.com/">https://www.juno.uk.com/</a> email: <a href="mailto:juno.enquiries@gmail.com">juno.enquiries@gmail.com</a></p>
	<p><b>La Leche Breastfeeding Network.</b> Runs mother-mother breastfeeding support groups across Edinburgh incl. Dr Bells Family Centre (Leith), Buccleuch Free Church, Cornerstone Center <a href="https://lledinburgh.co.uk/">https://lledinburgh.co.uk/</a></p>
	<p><b>Link Up women's support centre-</b>provide mother and baby groups and groups for women with mental health needs. Based at St Margaret House (East Edinburgh) 0131 661 9292 <a href="http://www.link/link-upsupport.co.uk">www.link/link-upsupport.co.uk</a></p>
	<p><b>Multi-cultural family base</b> Provides range of input for vulnerable BME families including support for refugees (The Safe Haven project), early years input, relationship counselling <a href="http://www.mcfb.org.uk/">http://www.mcfb.org.uk/</a> 0131 467 7052</p>
	<p><b>Pilton Health Project</b> (North Edinburgh)- Community project including women supporting women, groups for women and groups for mothers and babies  <a href="http://www.pchp.org.uk">www.pchp.org.uk</a> 0131 551 1671</p>
	<p><b>Pregnancy Counselling &amp; Care</b> Provides emotional and practical support during pregnancy <a href="http://www.lifelinecounselling.org">http://www.lifelinecounselling.org</a> contact 0131 557 2060 Edinburgh</p>

	<p><b>Pregnancy and Parents Centre</b> provides a range of activities for mothers, infants, fathers and prospective parents including free Motherspace 'drop in' sessions. Edinburgh <a href="http://pregnancyandparents.org.uk/">http://pregnancyandparents.org.uk/</a> contact 0131 229 3667</p>
	<p><b>Relationships Scotland – Bright Light Relationship Counselling</b> counselling, mediation and family support including couples counselling, sexual &amp; relationship therapy, family therapy, at health centres across Lothian region. <a href="http://www.bright-light.org.uk">www.bright-light.org.uk</a> 0131 556 1527 Fee based service with sliding scale</p>
	<p><b>The Spark Relationship Counselling.</b> Includes relationship helpline (0808 802 2088) and face-face counselling (0808 802 0050) and useful website with relationship resources <a href="https://www.thespark.org.uk/">https://www.thespark.org.uk/</a> Provides individual, couple and family counselling</p>
	<p><b>SANDS- Stillbirth and Neonatal Death Society. Lothian wide.</b> <a href="http://www.sands-lothians.org.uk">www.sands-lothians.org.uk</a> Befriending, peer support, counselling and includes support for fathers for families affected by stillbirth and neonatal death.</p>
	<p><b>Saheliya-</b> A specialist mental health and wellbeing support for women from black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in Edinburgh. Includes a nursery, 1:1 support and counselling <a href="http://www.saheliya.co.uk">www.saheliya.co.uk</a> Tel: 0131 556 9302</p>
<b>Single Parent Families Support</b>	<p><b>One Parent Families Scotland:</b> <a href="https://www.opfs.org.uk/">https://www.opfs.org.uk/</a> provides information, individual and group support for one parent families in Edinburgh, incl. fathers group. Parents helpline <a href="tel:08088010323">0808 801 0323</a> Email: <a href="mailto:helpline@opfs.org.uk">helpline@opfs.org.uk</a> contact <a href="tel:01315563899">0131 556 3899</a> <a href="https://www.gingerbread.org.uk/">https://www.gingerbread.org.uk/</a>- website information for single parent families</p>
<b>East Lothian</b>	<p><b>Dads Work</b> – information and support for Dads and Male carers in East Lothian including 1:1 support, counselling, outreach and mens groups <a href="http://www.dadswork.co.uk/">http://www.dadswork.co.uk/</a> <b>Dads2Be</b> - antenatal classes for fathers: <a href="https://www.facebook.com/Dads2BEastLothian">https://www.facebook.com/Dads2BEastLothian</a></p>
	<p><b>Aberlour Perinatal Befriending Support Service</b> Provides 1:1 support for women with perinatal mental health needs. Referral via GP, midwives, health visitors and other agencies. Contact: 01875 632 055 Email: <a href="mailto:Lothian.aberlourlperinatal@nhs.net">Lothian.aberlourlperinatal@nhs.net</a> <a href="https://www.aberlour.org.uk/services/bumps/">https://www.aberlour.org.uk/services/bumps/</a></p>
	<p><b>Crossreach counselling- as above</b></p>
	<p><b>East Lothian PANDS support group</b> Postnatal peer support group run weekly in Prestonpans <a href="https://www.facebook.com/eastlothianpandassupportgroup/">https://www.facebook.com/eastlothianpandassupportgroup/</a></p>
	<p><b>First Step Musselburgh</b> range of links to resources including baby groups, breastfeeding support, sleep clinic, PEEP parenting group Contact: 0131 665 0848 <a href="https://sites.google.com/site/firststepmusselburgh/">https://sites.google.com/site/firststepmusselburgh/</a></p>
<b>West Lothian</b>	<p><b>Dads2Be-</b> Free 4 week antenatal class for Dads, run by Home Start at St John's Hospital <a href="https://www.westlothian.gov.uk/article/6791/Thursday">https://www.westlothian.gov.uk/article/6791/Thursday</a></p>
	<p><b>Sure Start West Lothian-</b> runs range of activities on Thursdays at different community locations incl messy monkeys, creative play and baby sensory. Sure Start West Lothian, Strathbrock community partnership, Broxburn 01506 284440 <a href="https://www.westlothian.gov.uk/article/6791/Thursday">https://www.westlothian.gov.uk/article/6791/Thursday</a></p>
<b>Mental Health Resources Edinburgh</b>	<p><b>EdSpace</b> <a href="https://edspace.org.uk/">https://edspace.org.uk/</a> Edinburgh's online source of mental health and wellbeing information including links to peer support, self help and local services <b>Edinburgh Crisis Centre</b> <b>0808 801 0414</b> 24 hour telephone and text support. Text support 0797 442 9075. Community based emotional and practical support. <a href="http://www.edinburghcrisiscentre.org.uk">http://www.edinburghcrisiscentre.org.uk</a> <b>Penumbra-</b> Provides range of mental health and wellbeing services including 1:1 peer support and self harm project. 0131 229 6262 <a href="http://www.penumbra.org.uk">http://www.penumbra.org.uk</a></p>
<b>Counselling</b>	<p><b>Health In Mind-</b> sites across Lothian: 1:1 or telephone counselling, trauma-based service (incl survivors of childhood trauma and sexual abuse) 0131 225 8508 Freephone 0808 802 0406. Groups for management of anxiety and depression (Nicholson Sq, Edinburgh).</p>

	<p><b>Health All Round</b>- Mental health support and groups including anxiety management, confidence and physical wellbeing groups. 0131 337 1376 <a href="http://www.healthallround.org.uk">www.healthallround.org.uk</a></p> <p><b>Hope Park Counselling Centre</b> Counselling provider linked to the University of Edinburgh. Provides a range of counselling, free of charge or donations based <a href="http://www.hopepark.org.uk">www.hopepark.org.uk</a> 0131 650 6696</p>
<b>Eating disorders</b>	<p><b>BEAT- Information and helpline on eating disorders</b>, including youth line Tel: 0808 801 0677 <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>
<b>Other resources</b>	<p><b>Women's Aid Lothian</b> – information and support for women at risk of /experiencing emotional/physical/financial abuse/coercive control</p> <p><b>East &amp; Mid Lothian Women's Aid</b>, Dalkeith: 0131 663 9827 Penicuik: 01968 670970. Support line 9-2pm 0131 561 5800</p> <p><b>West Lothian Women's Aid</b>, <a href="https://www.wlwa.org.uk/">https://www.wlwa.org.uk/</a> 01506 413 721</p> <p><b>Edinburgh Women's Aid</b> <a href="https://edinwomensaid.co.uk/">https://edinwomensaid.co.uk/</a> 0131 315 8111</p> <p><b>Scottish Women's Aid website:</b> <a href="https://womensaid.scot/">https://womensaid.scot/</a></p> <p><b>National domestic abuse and forced marriage helpline:</b> 0800 0271234</p> <p><b>Shakti Women's Aid</b> (Support for women from BME backgrounds)- <a href="https://shaktiedinburgh.co.uk">0131 475 2399</a> <a href="https://shaktiedinburgh.co.uk">https://shaktiedinburgh.co.uk</a> includes support/ advice for women at risk/ experiencing domestic violence/ honour based violence/ FGM/ forced marriage/ immigration rights</p>