

Neonatal Family Wellbeing Team

Caring for your baby means caring about your wellbeing too

In addition to your medical and nursing team, members of the Family Wellbeing Team are available to support all families in the neo-natal unit. The team can offer emotional and mental health support, and practical activities to support parenting experiences. The team can also link you with supports for spiritual care, and financial advice.

The team includes:

Psychologists based with NHS Lothian's Maternity and Neonatal Psychological Interventions service (MNPI), they are available as part of your baby's care at the Simpson and St John's neo-natal units. They offer confidential emotional wellbeing appointments at your baby's cot side or in a more private location on the unit. They remain available over the first year following your baby's care on the unit. They offer support for emotional health and/or parent-infant relationship issues related to experiences of maternity and neonatal care. They can be contacted via your baby's nursing and medical team. Alternatively, you can leave any non-urgent messages or enquiries for them on **0131 242 1554** or by email at **mnpi.mail@nhslothian.scot.nhs.uk**.

The Spiritual Care team offer confidential support for families whatever their beliefs or life situations. They can be contacted (Weekdays 9am-5pm) directly on: **0131 242 1990**.

Every Tuesday a member of the wellbeing team will attend the morning ward round, and holds the "Family Wellbeing Meeting" where the Family Wellbeing Team meet with the medical and nursing team to share information to co-ordinate the supportive care that we offer. The information that is discussed is to ensure the best possible care for you and your baby. For information on NHS Lothian's data protection policies please see: www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx

Any member of your baby's medical and nursing team can help you to get in touch with the Family Wellbeing Team.

Supports for families during your baby's inpatient stay or following baby's care in the unit

Urgent concerns – If you had any urgent concerns about your mental health please speak with your GP or call NHS24 (dial 111) if out of hours in the first instance.

The Maternity and Neonatal Psychological Interventions Service (MNPI): Neonatal wellbeing team – Contact: 0131 242 1554 mnp.mail@nhslothian.scot.nhs.uk

Helpful Links for neonatal parents

- Bliss - premature and sick babies' charity: www.bliss.org.uk; www.bliss.org.uk/parents/support
- Solihull online: Free NHS recommended, online self-help for parents. 'Understanding your preterm or sick baby in hospital' and 'Understanding your preterm or sick baby now you're home' and more modules that span stages of child development <https://education.gov.scot/parentzone/news-and-events/solihull-online-free-resources-for-parents-and-carers/>
- Instagrammers Miraclemoon: www.instagram.com/miraclemoonuk/
- The NICU foundation YouTube page - animated guides to help familiarise parents with the neonatal environment and alleviate some worries: https://youtube.com/channel/UCN_7YreEPxltjwME5vFa5UQ
- Book resource - Leake, N. (2019) *Surviving Prematurity*
- Best Beginning and Small Wonders short films: www.bestbeginnings.org.uk/small-wonders/
- Twins and multiples: www.twinstrust.org; www.edinburgh.twins.org
- Information and resources for fathers: www.fathersnetwork.org.uk; www.dadsrock.org.uk
- Rainbow families LGBTQ+: www.lgbthealth.org.uk/services-support/rainbow-families
- Good websites: Parent Club – information for parents in Scotland: www.parentclub.scot; Tiny Happy People, BBC: www.bbc.co.uk/tiny-happy-people; NHS Lothian's Parent and Infant Relationships Service (PAIRS) website <https://services.nhslothian.scot/pairs/>

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: www.inspiringscotland.org.uk/perinatal-mental-health-services/
- NHS Lothian's mental health and wellbeing information pages: www.wellbeinglothian.scot/
- Cognitive Behavioural Therapy (CBT) online - Ask your GP or Health Visitor about making a referral for you:
 - 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.livinglifetothefull.com
 - Sleep www.sleepio.com/nhs
- Directories of local supports across Lothian: <https://ithriveedinburgh.org.uk>; <https://midspace.co.uk>; <https://eastspace.org.uk>; <https://westspace.org.uk>
- A 'walk in' mental health information service – The mental health information station: <https://services.nhslothian.scot/mentalhealthinformationstation>
- Counselling and groups for parents in pregnancy and up to age 2: crossreach.org.uk/our-locations/crossreach-perinatal-service; <https://counsellingandcare.co.uk/>
- Local perinatal mental health peer support groups (online and face to face): www.juno.uk.com; Local peer support for perinatal dads: www.dadsrock.org.uk/
- Birth trauma association: www.birthtraumaassociation.org.uk
- Local information and supports for experiences of loss heldinourhearts.org.uk; simbacharity.org.uk

Helpful numbers in times of crisis

- 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.cry-sis.org.uk/> 0800 448 0737 Lines open 7 days a week 9am-10pm
- Breathing Space – listening and advice for times of overwhelm 0800 83 85 87 breathingspace.scot
- The Samaritans – 116 123