

Perinatal Parent and Infant Emotional Wellbeing Pathway: WARWICKSHIRE Conception to 12 months after baby born

Ways To Boost Wellbeing – For Everyone

Green Pathway

ROUTINE CONTACT

- [SWFT Midwifery](#)
- George Eliot Midwifery: 024 76865022
- [UHCW Midwifery](#)
- [Health Visiting and CHAT Health](#)
- [Family Nurses - FNP \(young parents\)](#)
- GP ([6-8 week Check](#))

ONLINE COURSES AND APPS FOR PARENTS

- [Online Guides for Parents](#)
- [Baby Buddy](#)
- [DadPad](#)
- [Lullaby Baby Check App](#)

CHILDREN & FAMILY CENTRES

- [Warwickshire Children & Family Centres](#)
- [Warwickshire Family Information Service \(FIS\)](#)
(for information and access to groups/stay and plays)

HEALTH & WELLBEING

- [5 ways to wellbeing](#)
- Sleep Management:
 - [FIS](#)
 - [5 week Sleep Tight Programme](#)
- [Every Mind Matters](#)
- [Healthier Together](#)
- [Wellbeing for Life](#)

RELATIONSHIPS

- [One Plus One](#)

SOCIAL MEDIA SUPPORT FOR PARENTS

Midwifery Facebook Groups

- [SWFT](#)
- [George Eliot](#)
- [UHCW Midwifery Facebook](#)

Health Visiting Facebook Groups

- [South](#)
- [North](#)
- [Rugby](#)
- [FNP Facebook](#)
- [Children & Family Centres Facebook](#)
- [Family Information Service Facebook](#)

Disability

- [Warwickshire SEND](#)
- [Entrust Care Partnership](#)
- [Young Parents Support](#)
- [Dads Matter](#)
- [Proud Parents Warwickshire](#)

INFANT FEEDING SUPPORT

- [SWFT breastfeeding Support](#)

STOP SMOKING IN PREGNANCY SERVICE

Low To Medium Level Concerns

Green Plus Pathway

MIDWIFERY

- SWFT Birth Listening Service email: Birth.listening@swft.nhs.uk
- George Eliot Birth Listening Service: Contact PALS 024 76865550
- Complex Care Midwives (Rugby clients only):
email: Complexcontinuityteammidwives@uhcw.nhs.uk
- [ARC](#) Antenatal Results and Choices helpline provides immediate emotional support when families have been given worrying news about their baby.

HEALTH VISITOR & FAMILY NURSES

- Emotional Wellbeing Visits
- CHAT Health: 07520 615293 (for HV advice and support)
- Sleep Advice (CHAT Health and/or health visitor)
- VIG Support - >20 weeks AN (self/referral):
email: vigpractitioners@swft.nhs.uk Further Information on [VIG](#)

GP

- Mental Health Review/ Assessment/Review of Medication

IAPT/TALKING THERAPIES

- [Healthy Minds Service](#) (formerly IAPT) (self or professional referral)

ADDITIONAL FAMILY SUPPORT family support workers are available across Warwickshire to support and offer guidance to families and professionals. Call 01926 412412, Monday to Friday between 9am - 4pm

- [Family Support Worker](#) (self-referral)
- [Family Information Service Referral](#)
- [Children and Family Centres](#) can be contacted for targeted work

VOLUNTARY SECTOR

- [Parents in Mind](#) (self/referral)
- [Parenting Project](#): parent mentor programme and family support (available in some Warwick/Stratford districts only) (self/referral)
email: headoffice@parentingproject.org.uk
- [By Your Side](#) (self/referral) & email: bbyoursideforum@outlook.com
- [HomeStart](#) (South Warwickshire only- self/referral)

SELF REFERRAL/SELF ACCESS

- Wellbeing for Warwickshire mental health support - call the 24/7 mental health helpline to speak to someone or visit the website
 - Call: 0800 616 171
 - Visit: www.wellbeingforwarwickshire.org.uk
- [Recovery & Wellbeing Academy](#)
- [Kooth](#) - for young people up to age 25
- [Domestic Abuse Services](#)
- [Relationship Support](#)
- [Creative Health Arts Programmes for Parents](#)
- [MENtalk/WOMENtalk](#)

SELF HELP

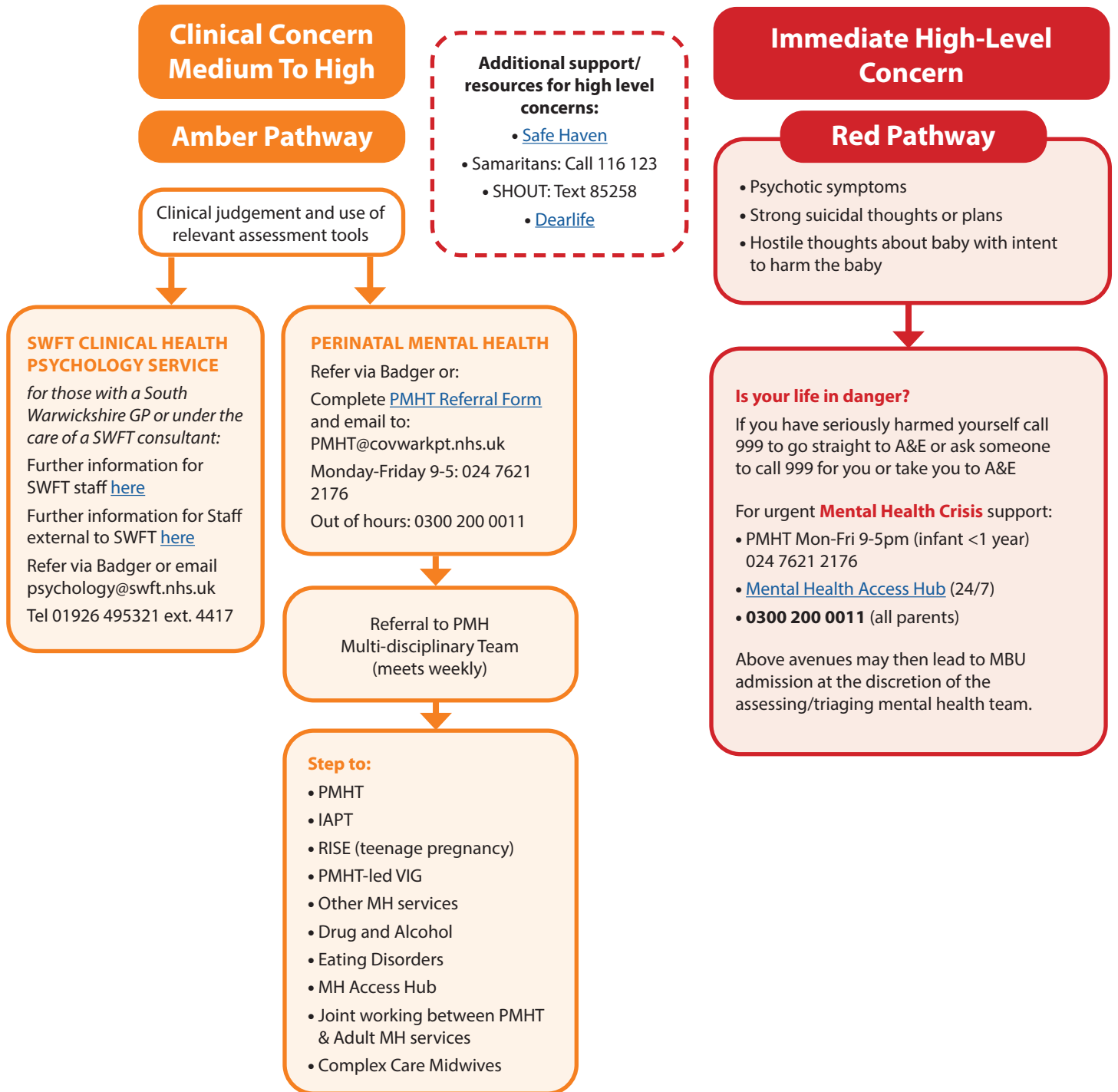
- [Dimensions Tool for Health and Wellbeing](#)
The dimensions tool is available 24/7 and creates a dimension report which provides information about self-care, local services and support.
- [Mamma Mia App](#)
- [Reading Well](#)

NATIONAL SUPPORT GROUPS: see link: [Best Beginnings](#)

COUNSELLING

- [Parenting Project](#) refer via this [form](#) (Warwickshire wide)
- [Acorn Centre, Nuneaton](#)
- [Sycamore Counselling Service Bedworth & Nuneaton](#)
- [MIND](#)
- [Cruse](#) (bereavement support only)

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NOTES: Use of the pathway is fluid – parents can access services in the lower tiers if they are in the amber or red pathway

For more information about the range of support available in Warwickshire, visit www.warwickshire.gov.uk/mentalhealth

Parental and multiagency web site for perinatal services:

<https://www.covwarkpt.nhs.uk/mental-health-support-in-pregnancy-and-after-birth>

Last updated on: 1/04/22

Click [here](#) to access the most up to date version of this pathway

To support the collation of feedback for this pathway please share your comments via [this link](#)

