

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

Ways To Boost Wellbeing – For Everyone

Green Pathway

ROUTINE CONTACT

- [UHCW Midwifery](#)
- [Health Visiting and CHAT Health](#)
- [Family Nurses – FNP \(young parents\)](#)
- GP ([6-8 week Check](#))

ONLINE, COURSES & APPS FOR PARENTS

- [Positive Parenting Team](#): for parenting courses (self or professional referral)
- [Family Learning](#): programmes to support strong and positive relationships in families
- [Baby Buddy](#)
- [DadPad](#)
- [Lullaby Baby Check App](#)

FAMILY HUBS/INFORMATION

- [Coventry Family Hubs](#) (hubs provide information about local groups/stay and plays)
- [Coventry Family Information Directory](#)
- [MAMTA \(child & Maternal Health\) Project](#) – for all BAME women & families

HEALTH & WELLBEING

- [5 Ways to Wellbeing](#)
- [Sleep Management](#)
- [Every Mind Matters](#)
- [Healthier Together](#)
- [Wellbeing for Life](#)

RELATIONSHIPS

- [One Plus One](#)

SOCIAL MEDIA SUPPORT FOR PARENTS

- [UHCW Midwifery Facebook](#)
- [Coventry Health Visiting Facebook](#)
- [Family Hub Facebook](#)
- [MAMTA Facebook](#)
- [Disability](#)
- [Dads Matter](#)
- [Proud Parents Warwickshire](#)

INFANT FEEDING SUPPORT

- [Infant Feeding Team](#)

STOP SMOKING IN PREGNANCY SERVICE

Low To Medium Level Concerns

Green Plus Pathway

MIDWIFERY

- UHCW Birth Listening Service email: BirthListeningService@uhcw.nhs.uk
- Complex Care Midwives email: Complexcontinuityteammidwives@uhcw.nhs.uk
- PNMH Midwifery led Clinics email: ilaria.harrison@uhcw.nhs.uk
- [ARC](#) Antenatal Results and Choices helpline provides immediate emotional support when families have been given worrying news about their baby. Monday to Friday, 10.00am-5.30pm call 0207 713 7486.

HEALTH VISITOR & FAMILY NURSES

- CHAT Health: Text Chat Health on 07507 329 114 9am – 5pm Monday to Friday (for HV advice and support)
- Sleep Advice (CHAT Health and/or health visitor)
- VIG Support - >20 weeks AN (self/referral): email: CoventryVIGHV@swft.nhs.uk

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](#) – family hubs offer targeted support as well as universal services

VOLUNTARY SECTOR

- [Parents in Mind](#) (self/referral)
- [FWT MAMTA service & Perinatal Mental Health Peer Support](#)
- [By Your Side](#) (self/referral) email: byyoursideforum@outlook.com

SELF REFERRAL/SELF ACCESS

- Wellbeing for Warwickshire mental health support (Coventry residents) – call the 24/7 mental health helpline to speak to someone or visit the website
 - o Call: 0800 616 171
 - o Visit: [Wellbeing for Warwickshire \(Coventry\)](#)
- [Recovery & Wellbeing Academy](#)
- [Kooth](#) – for young people up to age 25
- [Domestic Abuse Services](#)
- [Relationship Support](#)
- [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
- [Reading Well](#)
- [Mamma Mia App](#)

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

COUNSELLING

- [MIND](#)
- [Cruse](#) (bereavement support only)
- [Acorn Centre, Nuneaton](#)

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

Clinical Concern Medium To High

Amber Pathway

Clinical judgement and use of relevant assessment tools

PERINATAL MENTAL HEALTH

Complete [PMHT Referral Form](#) and email to: PMHT@covwarkpt.nhs.uk
Monday-Friday 9-5: 024 7621 2176
Out of hours: 0300 200 0011

Referral to PMH Multi-disciplinary Team (meets weekly)

Step to:

- PMHT
- IAPT
- RISE (teenage pregnancy)
- PMHT-led VIG
- Other MH services
- Drug and Alcohol
- Eating Disorders
- MH Access Hub
- Joint working between PMHT & Adult MH services
- Complex Care Midwives

Additional support/ resources for high level concerns:

- [Safe Haven](#)
- Samaritans: Call 116 123
- SHOUT: Text 85258
- [Dearlife](#)

Immediate High-Level Concern

Red Pathway

- Psychotic symptoms
- Strong suicidal thoughts or plans
- Hostile thoughts about baby with intent to harm the baby

Is your life in danger?

If you have seriously harmed yourself call 999 to go straight to A&E or ask someone to call 999 for you or take you to A&E

For urgent **Mental Health Crisis** support:

- PMHT Mon-Fri 9-5pm (infant <1 year) 024 7621 2176
- [Mental Health Access Hub](#) (24/7)
- **0300 200 0011** (all parents)

Above avenues may then lead to MBU admission at the discretion of the assessing/triaging mental health team.

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 mental health support available in Coventry, visit: www.coventry.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](#)

