



FAMILY ACTION: SOUTH TEES PERINATAL SUPPORT SERVICE

IMPROVING WELLBEING AND ATTACHMENT, DURING THE FIRST TWO YEARS

The Family Action South Tees Perinatal Support Service offers support to families, where a parent is struggling with their emotional health and wellbeing or where they have been diagnosed with a low to moderate level perinatal mental illness. We can also support families when their personal circumstances mean they may be vulnerable to developing a perinatal mental illness. We work closely with midwives, health visitors, family hubs and specialist perinatal teams to enhance the support available to families. The service will provide parents with a dedicated trained Perinatal Practitioner who will offer emotional support and assistance to access other services in the community.

The service provides support within the home however staff and volunteers may also accompany families to group sessions at local venues or meet with parents outside the home if isolation is an issue; to help them access support services and Family Hubs. Support is tailored according to families' needs.

We also offer group work; our therapeutically based group help parents to discover the benefits play can have on their baby's development. The group supports parents to connect and bond with their baby through fun games and interaction using the practices and principles of Theraplay.

The aims of the service are to:

- Improve mental health and wellbeing of new parents
- Support a positive relationship, attachment and bonding between parents and their baby
- Reduce social isolation of families
- Increase self-confidence of parents

Referral Criteria

The Perinatal period, up to the child's second birthday:

- Is the parent concerned about perinatal depression/anxiety?
- Is the parent worried about bonding with their baby?
- Has the parent been diagnosed with mild to moderate perinatal depression/anxiety?
- Has the parent lost interest in things or feeling really slowed down?
- Is the parent staying at home a lot or feeling unable to/worried about going out?



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- Is the parent feeling anxious or stressed about things that they normally wouldn't?
- Has the parent suffered mild to moderate depression/anxiety in the past?
- Has the parent had post-natal depression with previous children?
- Is the parent on medication for depression/anxiety?
- Does the parent have limited support networks and/or reports feeling alone?
- Has there been difficulties during the pregnancy or did the parent find the birth traumatic?

If you have answered "Yes" to any of the above questions and this does not meet the threshold for a specialist mental health service, our Perinatal Support Service may be able to help.

The support available may include the following and will be tailored to meet identified needs:

- Assessment of needs by Perinatal Practitioner
- Tailored one to one support
- Support to access Family Hubs and other local services
- Invitation to a therapeutically informed play group)

Contact Details

Email: SOUTHTEESPERINATAL@FAMILY-ACTION.ORG.UK

Telephone: **01642 062714**

Please do call or email and one of our team will get in touch to discuss the service and complete a referral form.

Family Action Head Office 34 Wharf Road, London, N1 7GR

T: 020 7254 6251 info@family-action.org.uk www.family-action.org.uk

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Family Action. Building stronger families, building brighter lives.