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# Supporting Parents

Helpful information during pregnancy and after birth.

Becoming a parent can lead to a lot of emotions and sometimes feelings of isolation or uncertainty. **You are not alone.** This flyer will provide information for who you can contact and what could help you.

## Professional Services

**GP**  
**Health Visitor**  
**Midwife**  
**IAPT**  
**By Your Side**  
**Parenting in Mind**  
**Parenting Project**  
**Bump to Baby**

## Telephone Helplines

**PANDAS -**  
0808 1961 776  
**Mental Health Matters -**  
0800 616171  
**Samaritans -** 116 123  
**Text SHOUT to** 85258  
  
You can also call your GP, 111 or CRISIS on 0300 200 0011 should you need immediate support.

## Phone Apps

**Nourish -**  
Mum & Baby relaxation & mindfulness  
**The Honest Guys -**  
Guided Meditations.  
**Dad Pad -**  
Guide for Dads  
**Baby Buddy -**  
Help and Advice.  
**Best You -** Coping strategies for mood & stress.  
**CALM -** Relaxation



## What other parents found

### helpful.

"In pregnancy I found it very helpful that I took a friend with me to all my midwife appointments. This helped to keep me calm when I was feeling anxious and also they helped me talk it through afterward. We made some notes because pregnancy brain added to overthinking can blow things out of proportion!"

"Telling my partner."

"Finding my selfcare activity (having a bath!)"

"After the baby is born it's about accepting help available and not being afraid to ASK for help from those around you. Even if it is to hold the baby whilst you wash your hair or something!"

"Making a new routine helped keep me focused and gave me things to look forward to."

## Self-Care.

Finding time for yourself can be difficult. But there will be small pockets of time in the day where you can do a 'you' activity. Self-care is vital to support your resting if you are not sleeping well and prevent stress build up.

It may feel important to clean the house etc but remember a partner, family member or partner can do this, they can not do your 'you' time.

Here are a few ideas:

### Mindful Activity.

- 5 things I can see
- 4 things I can hear
- 3 things I can touch or feel
- 2 things I can smell or like the smell of
- 1 slow deep breath



Drawing your attention from thoughts to what is happening in the present moment and apply the above senses. Focus on the room you are in and objects you can see in the room, the walk you are on, what you are eating/drinking, engage your baby in an activity by speaking through your senses. Moisturiser or talcum powder could be used to engage your sense of smell, feeling the textures of both on your skin and talking yourself through how that feels.

You could reflect on happy memories and apply your senses to those e.g. thinking of being at the beach, think of the sea breeze, sand on your feet, gulls singing, smell of suntan lotion. If you notice thoughts wondering, be kind and bring your focus back to your happy place.

### **5 minutes:**

- Put on your favourite song.
- Have a sing or dance.
- Moisturise your hands/body.
- Make yourself a drink.
- Try a 5 minute meditation (CALM app)
- Stretch your body.
- Buy yourself some flowers/candle.

### **10 minutes:**

- Keep a positivity journal.
- Have a nourishing meal.
- Phone a friend or family member.
- Try a 10 minute meditation.
- Sit in the garden/go for a walk.
- Have a shower.
- Watch a YouTube clip.
- Allow yourself to rest.



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## Keeping myself well:

**\*What can I do?**

**\*Who else could help?**

**\*What could help me?**

**\*What could they do?**



**NHS**  
South Warwickshire  
NHS Foundation Trust



# A YEAR ON.....

EMOTIONAL WELLBEING  
RESOURCES FOR  
WARWICKSHIRE FAMILIES

# WARWICKSHIRE HEALTH VISITING SERVICE

We have put together this current list of resources, groups and helplines that are available locally and nationally to offer support with mental health and emotional wellbeing. It is hard to believe that a whole year has passed since Coronavirus came to our attention and the way in which we all live our lives changed so dramatically. The last year has been challenging for us all, in different ways, and our resilience and coping strategies have been tested greatly. The analogy about different boats in the same storm seems still so relevant – all our struggles are unique and individual but we can all reach out and support each other to try to keep

each boat afloat. With recent Government announcements we might feel a sense of hopefulness or we might feel really uncertain about what the coming months hold. Whatever your thoughts and feelings, taking time to focus on our wellbeing is vital and we hope this resource might be useful. This list is not exhaustive but a selection of what we know is out there currently. We hope that you will find these resources useful, but if what you are looking for is not here or you just need to talk things through, please contact your local HV team or text our CHAT Health team on **07520 615 293** and we will be happy to help.

Eileen, Nadine and Claire



# LOCAL SUPPORT FOR PARENTS

If you are struggling with your mental health or emotional wellbeing, contact your GP, Midwife or local Health Visiting team for support.

Please see the following video which can tell you about who can help you with your mental health in the perinatal period:

<https://www.youtube.com/watch?v=hlseRplJdnw&feature=youtu.be>

## *South Warwickshire Health Visiting*

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting>  
(telephone numbers for all bases listed on this website)

Don't forget to join your local Health Visiting Facebook page for updates about the service.

## CHAT HEALTH

HV Text line - ChatHealth is a secure and confidential text messaging service for families. It allows parents to easily and anonymously get in touch with a Health Visitor for advice and support.

**Text: 07520 615 293**

## FREE Parenting Guides

In Warwickshire we have four online parenting guides that are free for Warwickshire residents via: [www.warwickshire.gov.uk/parentguides](http://www.warwickshire.gov.uk/parentguides)

- Understanding your Pregnancy
- Understanding your Child
- Understanding your Teenager's Brain
- Understanding your Baby)

## RISE – Local mental health service for Children & Young People

<https://cwise.com/for-parents>

For urgent support with mental health for children and young people, please call the RISE Crisis team on: **02476 641 799 (8am and 8pm) or 0300 200 0011 (overnight)**



IF YOU FEELING SUICIDAL OR  
ARE FEELING LIKE YOU WILL  
HARM YOURSELF OR OTHERS:  
CALL 999 OR ATTEND YOUR  
NEAREST A&E DEPARTMENT.

### *Mental Health Matters*

We provide mental health support services, ranging from helplines and 'talking therapies' to supported housing and safe havens, and all based on the principle of supporting every person, as an individual, towards their own goals and aspirations. – A free 24/7 confidential helpline providing emotional support to residents of Coventry & Warwickshire. Contact - 0800 616 171

**Mental Health Access Hub – available for urgent crisis:  
02476322744**

### Improving Access to Psychological Therapy (IAPT)

IAPT services are for people with mild, moderate and moderate to severe symptoms of anxiety or depression living in Coventry, Solihull and Warwickshire.

Call 024 7667 1090 or go to <https://www.covwarkpt.nhs.uk/iapt/> (online self-referral form)

### MIND

MIND – 02476 552847

Email – [admin@cwmind.org.uk](mailto:admin@cwmind.org.uk)

### Safe Haven

Coventry & Warwickshire Mind's Safe Haven provides a free out-of-hours (Open from 6pm to 11pm every evening) mental health support service to people across Warwickshire. Wellbeing practitioners are on hand each evening to provide support and signposting. The Safe Haven is a service for people who feel as though they are unable to cope, may not know where to start looking for help or need out-of-hours mental health support.

Telephone: (024) 7771 4554 | Mobile: 07970 042270

Email: [safehaven@cwmind.org.uk](mailto:safehaven@cwmind.org.uk)





## Video Interaction Guidance (VIG)

For Warwickshire families, we have a service available called Video Interaction Guidance (VIG). Sometimes you may feel you could be getting more positivity out of parenting or that you may benefit from a better understanding of your child. VIG is something that can help you explore this.

You might be facing some challenges at home or want some help to improve your own mental health or improve your relationship with your child. If you would like more information, please call (Rugby) 07425 542 013, (South) 07425 571 146 or (North) 07901 872 748 or email

[vigpractitioners@swft.nhs.uk](mailto:vigpractitioners@swft.nhs.uk)



Please click here to find out how VIG is helping families 

## PEER SUPPORT / VOLUNTARY SECTOR / GROUPS

### Parenting project

We are a voluntary organisation, providing support services for children and young people from 0-19 years (25 years SEND) and their parents/carers. We have developed a Parenting in Mind Programme. We have an established highly regarded Mental Health team, through which we deliver 1-1 counselling for parents. We run anxiety and mindfulness workshops for parents and parenting courses for expectant and new parents. Some parents/carers access our Family Wellbeing Facilitators, who are able to offer emotional support, signposting and advocacy. We also have volunteer Parent Mentors who offer ongoing support to parents who have accessed Family Support or Counselling.

Phone: 01926 853310 or Email – [headoffice@parentingproject.org.uk](mailto:headoffice@parentingproject.org.uk)





## Entrust Care Partnership

Entrust Care Partnership are offering a brand new service 'Lean on Me.' Experienced parents and staff will provide a shoulder to lean on offering an uninterrupted time to listen to you. This free service will be delivered via Zoom or Facetime, six one to one sessions or group support, held at a time to suit you. Please register your interest with Lynne Barton: [lynnebarton@entrustcarepartnership.org.uk](mailto:lynnebarton@entrustcarepartnership.org.uk) or T: 07712 326273.

## Parents in Mind

Peer support service for people who are pregnant or mums with an under two year old, experiencing perinatal mental health or wellbeing challenges. Self and professional referrals accepted.

<https://www.nct.org.uk/about-us/commissioned-services/parents-mind-perinatal-mental-health-peer-support/parents-mind-coventry-warwickshire>

Call Sarah Hislam on 0788 597 5261 or email [parentsinmind.wc@nct.org.uk](mailto:parentsinmind.wc@nct.org.uk)

## By Your Side

We are a service user forum working with Coventry and Warwickshire Perinatal Mental Health Team helping to support families with emotional difficulties during pregnancy or in the year following the birth of their child. We all have 'lived experience' and have ourselves been seen by the team. We want to help support these families through our peer support service as well as breaking down the stigma and barriers that prevent people seeking the help and support they need. In the current climate offering online support groups and walk and talk groups for parents. <https://www.facebook.com/ByYourSidePerinatal>  
[bbyoursideforum@outlook.com](mailto:bbyoursideforum@outlook.com)



## Homestart

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can't wait.

Marie Ashford - 07906143611

Mel Pritchard – 07809766236

Email: [office@homestartsouthwarwickshire.org.uk](mailto:office@homestartsouthwarwickshire.org.uk)

# SPECIFIC SUPPORT FOR DADS



## Free online support groups for dads

<http://www.fatherhoodinstitute.org/2020/free-online-groups-for-new-and-expectant-dads-during-covid-19/>

## Dadpad

available to purchase online <https://thedadpad.co.uk/>

## Dad matters

a variety of online resources <https://dadmatters.org.uk/>

## The Dad Club

a new virtual meeting place for fathers run by parents for parents <https://www.thedadclub.co.uk/>

## Mind the Dad

free online support with your baby or in a virtual group <https://www.annafreud.org/early-years/our-work-with-under-fives/our-projects-with-families-experiencing-difficulties/mind-the-dad/>

## By Your Side Dad's Online Chat Group

<https://www.facebook.com/groups/1301165323585925>

## Dads chat & support

[https://www.instagram.com/p\\_m\\_h\\_support\\_for\\_dads/](https://www.instagram.com/p_m_h_support_for_dads/)

## Dad's baby massage group

Dad's baby massage groups - email [jo.farrand@parentingproject.org.uk](mailto:jo.farrand@parentingproject.org.uk)

# NATIONAL HELPLINES/SUPPORT

## Samaritans

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

We won't judge you or tell you what to do, we'll listen to you.

**call 116 123**

## SHOUT

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

**Text – 85258**

## PANDAS (Pre And Postnatal Depression Advice and Support)

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk) **0808 1961 776 (Free)**. A Facebook page is also available offering inspiration, motivation and news.

## Mental Health.org

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Looking after your mental health during Coronavirus outbreak

## Every Mind Matters

Resources for keeping well during coronavirus crisis.

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Anxiety UK

Advice and helpline – **03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun)** or **text support on 07537 416 905**. There is also regular online support groups you can register for –

[www.anxietyuk.org.uk/coronanxiety-support-resources](http://www.anxietyuk.org.uk/coronanxiety-support-resources)

## Stay Alive App

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

[www.stayalive.app](http://www.stayalive.app)

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

## CALM Male Suicide

- T: 0800 585 858
- [www.thecalmzone.net](http://www.thecalmzone.net)

## No Panic

National organisations for phobias, anxiety, neuroses, information and care

- T: 0844 967 4848
- [www.nopanic.org.uk](http://www.nopanic.org.uk)

### Cruse Bereavement

- T: 0808 808 1677
- [www.cruse.org.uk](http://www.cruse.org.uk)

## ADDITIONAL USEFUL LINKS

### Family Information Service (FIS)

FIS provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

•family relationships •finance •housing •parenting support •special educational needs and disabilities (SEND) •childcare •health and wellbeing

[www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

Email: [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk) or call 01926 742274.

### Citizens advice

[www.casouthwarwickshire.org.uk](http://www.casouthwarwickshire.org.uk)

## USEFUL APPS AND WEBSITES

### Baby Buddy

<https://www.bestbeginnings.org.uk/baby-buddy>

### Baby and Child First Aid app.

<https://www.redcross.org.uk/first-aid/first-aid-apps>

### Born to Move

<https://www.kentcht.nhs.uk/service/kent-baby/born-to-move/>

### The Lullaby Trust

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

### NHS Choices:

<http://www.nhs.uk/pages/homepage.asp>



# Dimensions of Health and Well-being

## Adult Mental Health

### Project Team

|                   |  |
|-------------------|--|
| Dawn Nicholls     | Dimensions Project Manager               |
| Heather Moran     | Dimensions Clinical Lead                 |
| Donna Luck        | Joint Mental Health Clinical Lead        |
| Mary Borley       | Joint Mental Health Clinical Lead        |
| Zoe Whitten       | PMO Project Manager                      |
| Jenny Stockbridge | Dimensions Project Support               |
| Caroline Button   | MH Communications and Engagement Manager |



# Scenario



This is Alex. Alex is 54 and lives alone.

Alex enjoyed going out and about and meeting people.

When lockdown started, Alex was no longer able to see friends.

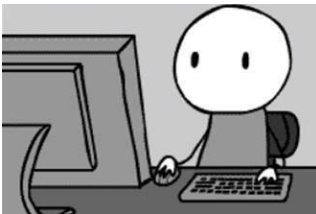
Alex is worried about catching Covid-19, so is staying at home.

Alex has noticed a change in mood which has got worse as this has gone on.



Searching on the internet has caused Alex's anxiety to increase.

Alex's anxiety is taking over and Alex feels vulnerable and alone.



Alex does not know what information is helpful and what is misleading.

Alex doesn't want to bother the GP as they are all so busy.

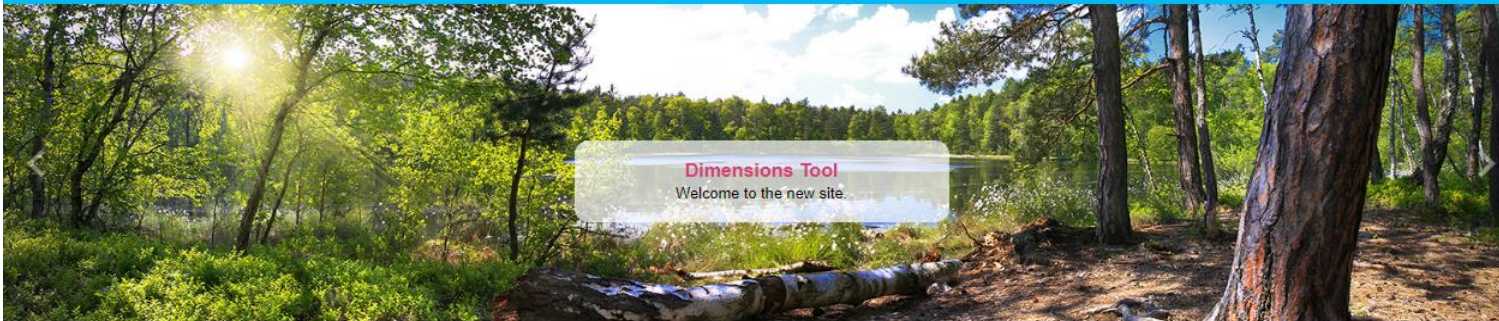




# What is Dimensions?

An interactive way to understand a person's health and wellbeing, and find local support

[Home](#)[About](#)[Use Dimensions](#)[News](#)[Contact Us](#)




**Dimensions Tool**  
Welcome to the new site.


### What is the Dimensions Tool?

The Dimensions Tool is a free online tool providing personalised information to support a person's well-being and mental health. You can rate yourself or another person against a number of dimensions related to health and wellbeing. The tool creates a Dimensions report which provides information about self-care, local services and support.


If you believe that you or the person you are rating is seriously ill or injured and their life is at risk, please call or text 999. If you need urgent advice call NHS 111 or speak to your GP.

[Read More](#)






I'm...  
looking for help for myself or someone I support



I'm a...  
professional in education, health, social care or  
the local authority



I'm a...  
GP



# Adult Mental Health Dimensions Categories

## Physical Wellbeing

- Sleep
- Eating
- Physical Health and Wellbeing
- Sensory Responses

## Safety and Security

- Suicide, Deliberate Self-harm and Risk to Self
- Addictions
- Finances
- Housing and Accommodation
- Risk to others

## Work and Education

- Work (paid / unpaid / voluntary) and Education

## Emotional Wellbeing and Mental Health

- Worrying, Stress and Anxiety
- Mood
- Managing Emotions
- Voice Hearing, Unusual Experiences and Psychosis
- Traumatic Experience
- Loss, Bereavement and Grief
- Thinking and Memory Skills

## Relationships and Connections

- Relationships
- Roles and Responsibilities
- Connection with others



## Dimensions Tool

Use Dimensions Tool

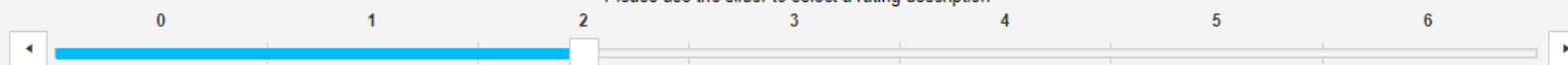


### Worrying, Stress and Anxiety

People can have worries, stress and anxiety that can be difficult to manage (ruminating, worrying thoughts, negative thoughts, physical reactions, overwhelming feelings).

Ratings are from 0 (unknown) to 6 (very significant problems)

Please use the slider to select a rating description



Rating selected

All ratings

#### Band 0:

Unknown

#### Band 1:

Usual responses to stressful events with levels of worry, stress or anxiety that rarely impact on everyday life

#### Band 2:

Occasional levels of worry, stress or anxiety with little impact on everyday life

#### Band 3:

Occasional levels of worry, stress or anxiety that occasionally impact on everyday life

#### Band 4:

Frequent levels of worry, stress or anxiety that occasionally impact on everyday life

#### Band 5:

Persistent levels of worry, stress or anxiety that frequently impact on everyday life

#### Band 6:

Persistent levels of worry, stress or anxiety that constantly & significantly impact on everyday life

Back



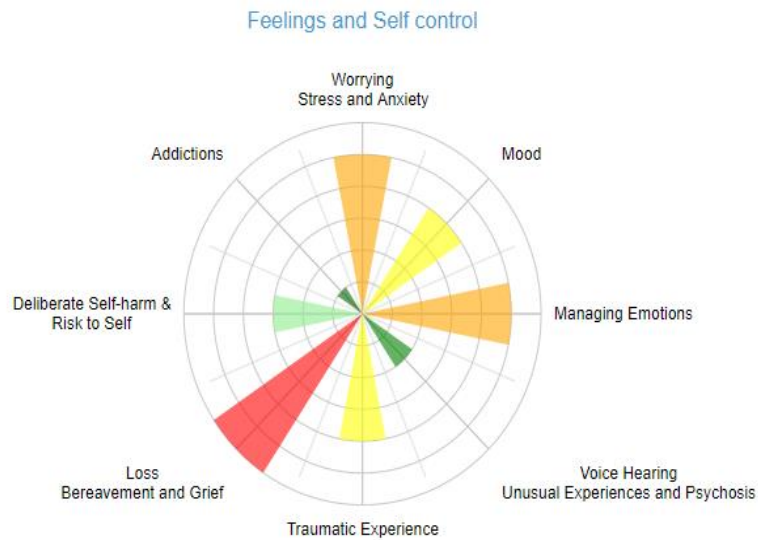
1 of 20

Next

Worrying, Stress and Anxiety



# Extract - Dimensions Report



## Worrying & anxiety:

People can have worries, stress and anxiety that can be difficult to manage (ruminating, worrying thoughts, negative thoughts, physical reactions, overwhelming feelings).

### Level 5:

**Persistent** levels of worry, stress or anxiety that **frequently** impact on everyday life.

As you have rated this Dimension at level 5 or 6, we recommend that you discuss your concerns with a health professional, such as a GP or social care,-a family support worker or social worker.

[Worrying and anxiety selfcare L2-6](#)



# NOW



**Notice:** Where my attention is.

**Observe:** What I'm doing. Say to myself: "I am walking", "I am sitting", "I am breathing", then notice those sensations in your body.

**Wise Mind:** What now? How shall I continue? Doing or Being?



**If you want an explanation for your present, look at your past.**

**If you want to know your future, look at your present.**

*Buddha.*

## Mindfulness for Busy People

- Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes.
- Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe.
- Simply notice whenever other thoughts and sensations come to mind, then re-focus on your chosen mindful activity.
- Be patient and compassionate with yourself.
- Describe... rather than judge good or bad, pleasant or unpleasant.
- It is as it is.
- It will pass.

*Everything Flows. Nothing is fixed. Heraclitus*

- |          |   |
|----------|---|
| <b>5</b> | things I can see                        |
| <b>4</b> | things I can hear                       |
| <b>3</b> | things I can touch or feel              |
| <b>2</b> | things I can smell or like the smell of |
| <b>1</b> | slow deep breath                        |



## The Raisin – Mindful Activity

---

*Pick up a raisin and hold it in the palm of your hand. Look at it. Examine it. Describe the raisin. What does it look like? What color is it? How would you describe the texture? Now, feel the raisin in the palm of your hand. What does it feel like against your skin? Pick it up with your other hand. What does it feel like in your fingers? Is it slimy? Rough? Smooth? Soft? Hard? Squeeze it softly. What do you feel? Smell the raisin. Describe how it smells. Put the raisin in your mouth, but do not eat it. What does it feel like on your tongue? What does the texture feel like now? How does it taste? How does the taste compare to the way it smelled? Move it around in your mouth and notice every aspect of the raisin. Bite the raisin and think about what you taste. Now how does the raisin feel in your mouth? Finish chewing and eat the raisin. How did it taste? Describe the experience of the raisin.*

This exercise is about cultivating awareness and beginning to learn to focus on the here-and-now. It is about being in the present moment and not missing out on it. Sometimes, much of our anxiety or fear is a result of focusing our thoughts on the future - or the past - and forgetting to be present here in this moment. Right here, in this very moment, those things may not need or deserve our attention.

This exercise (or a variation of it) can be done with just about anything. Try a pretzel or a piece of fruit. It can also be done with just about any activity. What would it be like to notice every detail of something that we normally do automatically and without much thought? What would it be like to notice every aspect of brushing your teeth or putting on your shoes? Break the activity down into its most

fundamental  
elements. Be right  
there in the moment.  
Notice everything.  
Be nowhere else.  
Don't miss right  
now.

