

# 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](mailto: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](mailto: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](mailto: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](mailto:headoffice@parentingproject.org.uk)
- [By Your Side](#) (self/referral) & email: [bbyoursideforum@outlook.com](mailto: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](http://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

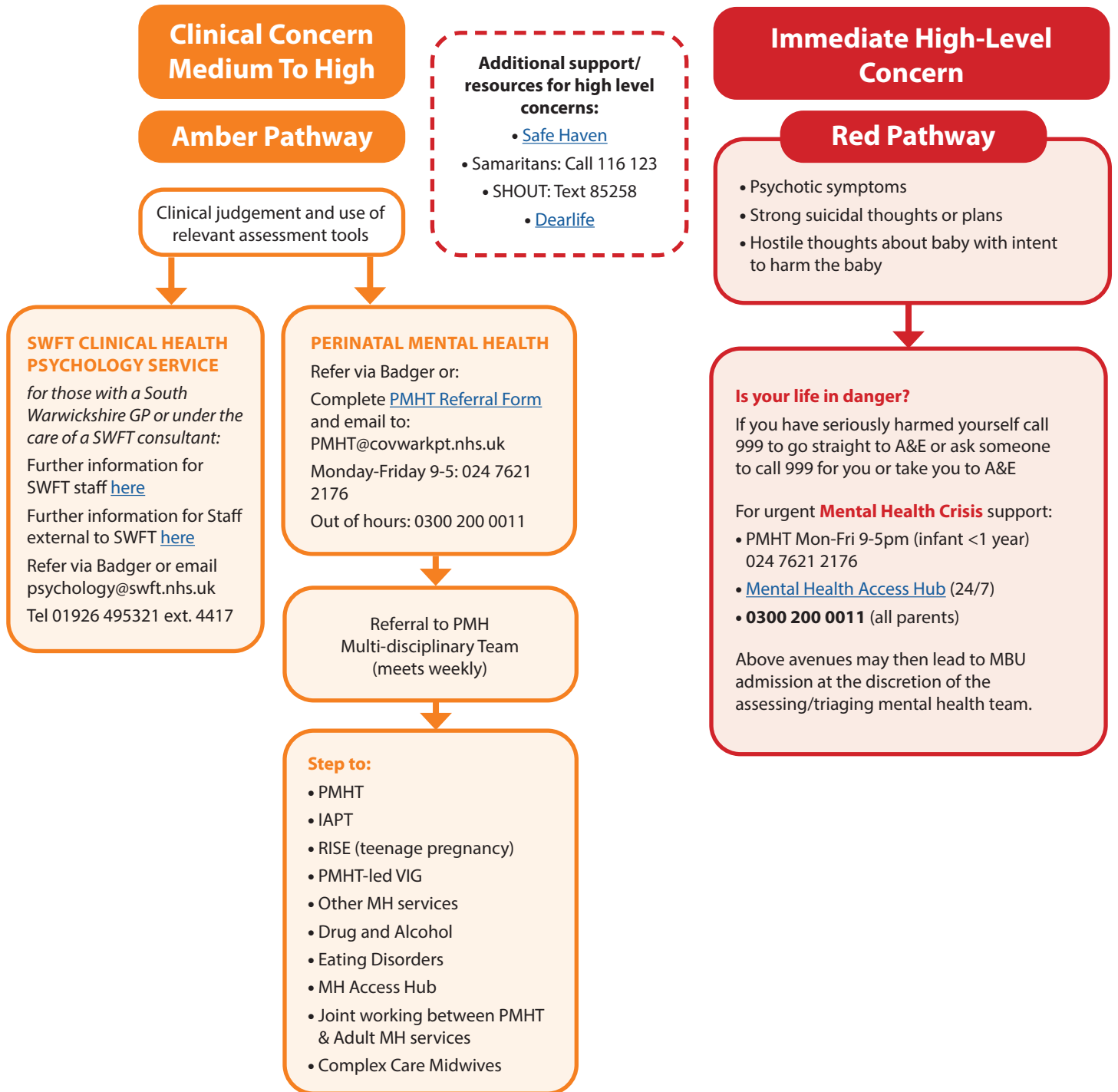
- [Dimensions Tool for Health and Wellbeing](#)  
The dimensions tool is available 24/7 and creates a dimension report which provides information about self-care, local services and support.
- [Mamma Mia App](#)
- [Reading Well](#)

**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](http://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](#)

