

# Parent and Baby Wellness Service

How we can help professionals



Providing emotional support  
for parents and parents-to-be

pss\*

The PSS Parent and Baby Wellness service helps parents-to-be and parents of babies up to two years of age form stronger bonds and positive relationships with their baby.

We can provide support with any emotional difficulties associated with parenting that families may be experiencing, including postnatal depression and birth trauma. We do this by working closely with families and with other professionals who support families with babies such as GPs, midwives, health visitors, Children's Centres, family nurse partnerships, peri-natal mental health teams and many others.

## How can professionals use our service?

**Consultations:** We have an experienced and specialist team who are experts in parent and baby mental health. Anyone is welcome to contact our team to discuss concerns about a parent's relationship with their bump or infant. At this time our team will talk to you about the relationships that exist in the family and the various things that may have a negative effect on those relationships. This might include a parent's emotional state and/or beliefs, their baby's development needs and/or the family's general circumstances. We'll aim to agree a plan with other professionals about how to proceed, defining actions, responsibilities and timelines.

**Therapy for families:** We work closely with families, focusing wholly on the parent-baby relationship. We offer a variety of individual and group approaches to support the development of a sensitive bond from parent to baby, and a secure attachment from baby to parent. These approaches will be tailored to the families we work with. The frequency and intensity of this work will differ depending on the family's situation, needs and wishes. Therapeutic support can only be offered after careful consideration of the family's situation (usually after consultation).

**Training:** We offer a range of training opportunities for professionals, such as:

- **Infant mental health**
- **Relationships in families with babies (up to aged two)**
- **Family relationships with professionals**

This is usually free for practitioners in Liverpool and allows us to develop a shared language, share our skills and experiences and understand more deeply when and how interventions work.

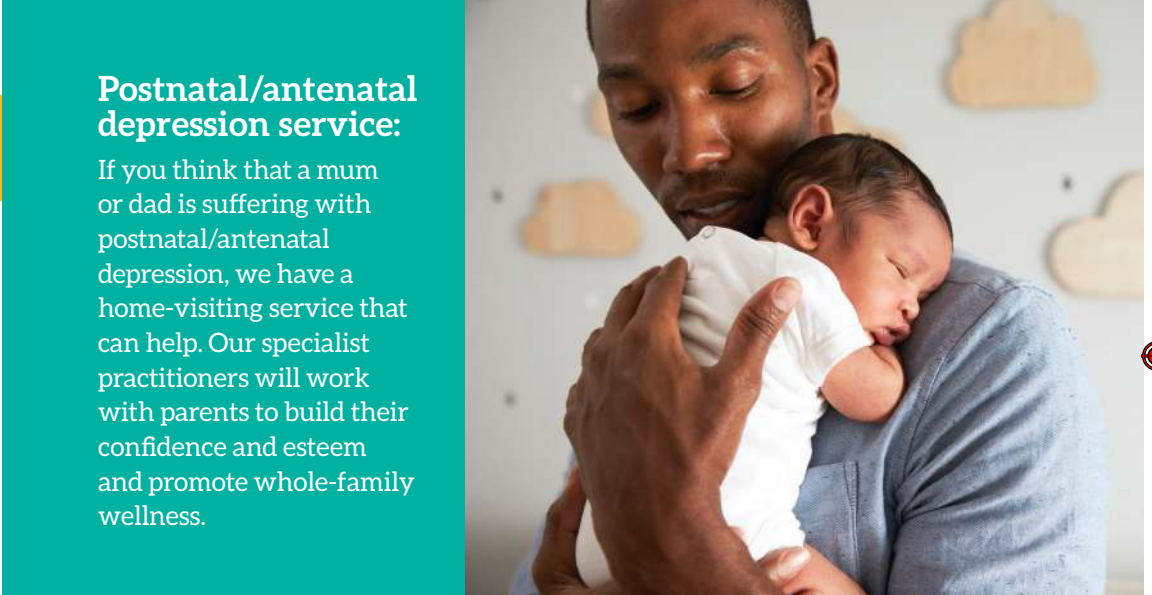


## Our work with partner agencies

**Our team:** We've got a great team of parent-baby relationship experts who are specially trained to help support families experiencing difficulties in forming and maintaining a bond with their baby. Our service is supervised by a clinical psychologist.

### Postnatal/antenatal depression service:

If you think that a mum or dad is suffering with postnatal/antenatal depression, we have a home-visiting service that can help. Our specialist practitioners will work with parents to build their confidence and esteem and promote whole-family wellness.



### Making a referral to our service:

We're able to support parents experiencing emotional difficulties from pregnancy through to when the child is two years old.

Our Parent and Baby Wellness Service doesn't replace the services that already exist for families with babies. We work alongside and in partnership with organisations across Liverpool on an ongoing basis.

To refer someone into our service or to arrange a consultation, please get in touch with us using the contact details on the back page.



## If you have strong concerns

Please note the following guidelines when dealing with severe concerns relating to either the mental health of a parent or the safety of a child.

- Parents with significant mental health problems (or mental illness) should still be referred to the peri-natal mental health team at the Liverpool Women's Hospital or MerseyCare (depending on the age of the child).
- Parents with mild/moderate psychological or emotional difficulties can be referred to the 'Improving Access to Psychological Therapies' service (via their GP).
- Where there are concerns about the safety of a baby or adult, please contact Careline.
- In the first instance, concerns about a child's development or behaviours may be directed to the Community Paediatricians or Child and Adolescent Mental Health Services (CAMHS) at Alder Hey.
- Women with a diagnosis of postnatal depression should still be referred to our service, which can be reached on **0151 702 5533**.

## Contact us

For more information about our Parent and Baby Wellness Service or to talk to us about making a referral, please get in touch.

Call: 0151 702 5533

Email: [parentandbabywellness@pss.org.uk](mailto:parentandbabywellness@pss.org.uk)



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