**Parents in Mind Referral Information and Form**

**What do the Parents in Mind Peer Supporters do?**

Our well trained and supported volunteer peer supporters are available to offer free emotional support to pregnant women and new mums with a child under two who are experiencing antenatal or postnatal mental health difficulties.

They primarily offer support as part of a group – locations and times vary across the region.

They can offer 1:1 support within a public space in some circumstances.

The support is recovery focussed, utilising an empathic and strengths based listening approach with the aim of supporting the woman:

* in having a safe space to speak about how she feels
* find out about and access other services and support as appropriate
* increase her confidence and self esteem
* seek friendship and reduce any sense of isolation
* improve her mental wellbeing

Parents in Mind is hosted by volunteers who have past experience of mental illness, and is a ‘low intensity service’ for women aged 16 years or over with mild to moderate mental health difficulties.

**Who is Parents in Mind for?**

Any woman who is struggling emotionally (i.e. feeling low, anxious) in pregnancy and/or up to two years post birth who lives within Halton.

**Who can refer to Parents in Mind?**

Any health or social care professional can refer women to the service. Women can also refer themselves or by another family member on completion of the referral form. The consent of the woman is required for referral.

**What happens after a referral is made?**

All women referred will be contacted by the Parents in Mind coordinator within seven days of the referral being received by telephone/email. This will involve a discussion to go through the referral and talk through the service.

Each woman referred will be reassessed again every six-eight weeks to monitor progress and support signposting to ongoing services where necessary.

**Are there any exclusions?**

Parents in Mind is only available to pregnant women and new mums within two years of birth.

It is not a crisis service. Please consider IAPT [https://www.5boroughspartnership.nhs.uk/iapt-halton] or the community mental health team [0151 422 6804] if in need of professional support.

**Referral Form**

For all enquiries relating to referrals please contact Catherine Briars on 07702 900894

Please send referrals to parentsinmind.halton@nct.org.uk

**Date of referral:……………………………………………….**

**Has consent been given by the client? Yes**

**Name of the expectant or new parent:………………………………………………………………………………………**

**Address:……………………………………………………………………………………………………………………………………**

**…………………………………………………………………………………………………………………………………………………**

**Postcode:………………………………………………………………………………………………………………………………….**

**Contact telephone number:……………………………………………………………………………………………………..**

**Email:……………………………………………………………………………………………………………………………………….**

**DOB:………………………………………………**

**Ethnicity:………………………………………………Language(s) spoken:……………………………………………………..**

**Country of origin:……………………………………………………………………………………………………………………**

**Disability:………………………………………………………………………………………………………………………………….**

**EDD (if antenatal):…………………………………………………………………………………………………………………….**

**Baby’s DOB (if postnatal):………………………………………………………………………………………………………….**

**First pregnancy/baby YES / NO Number of existing children:………………………….**

**Next of kin: (name)……………………………………………………….(contact number)……………………………....**

**(relationship)…………………………………………………………………………………..**

**Referrers Details**

**Name:………………………………………………………………Relationship:…………………………………………………..**

**Telephone:…………………………………………………….. Email Address:……………………………………………………..**

**How did you hear about PiM? …………………………………………………………………………………………………**

**Reason for referral**

**Details of any previous mental health history**

**Please provide details of any other agencies involved/services being accessed**

**Signature of Referrer:………………………………………………………………………………………………………………………………..**

NCT is registered as a controller with the UK Information Commissioner’s Office - registration number Z7500160.

We will use the personal information that you provide in this form and to the local project manager in accordance with applicable data protection laws and our Privacy Policy - available at [www.nct.org.uk/privacy](http://www.nct.org.uk/privacy).

We will process your personal information to decide your eligibility for the service, to match you with a suitable volunteer, to carry out our obligations under any contract between us and our commissioner, and where otherwise reasonably necessary for our purposes. We share anonymised and aggregated data with our funders to demonstrate the effectiveness of our service. We also use this data to check that we are reaching all members of the community. We will hold the information you provide in an electronic form and for the duration of the project. The only people who will have access to this information are the NCT staff involved with the project and our external evaluators with whom we have a data processing agreement.

We will contact you about the Parents in Mind project and to discuss your needs and what you’d like to receive from the project. We’ll also contact you during your time with us to see how you’re getting on. Please tell us how you would like to be contacted:

 Email ☐    Telephone ☐    Text message ☐

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