

Additional Information:

We ask you to complete a referral form with details about the family being referred.

- When referring anyone to the Pregnancy in Mind (PiM) service please make sure that they are aware of the service they are being referred to, have given their consent for the referral to be made, and agree for their details to be placed on our system.
- Ask if this is the service user's first child and if there are any other children within the family home. If so, please provide the other children's names and date of births.
- We accept referrals for parents who are involved with social care.

Following the referral, we contact the parents-to-be and arrange a phone call to introduce ourselves and the service and commence an initial assessment of their needs. This allows us to check that the service is appropriate for them. The call will also enable us to begin to build the relationship and provides an opportunity for parents-to-be to ask any questions or express any concerns that they might have about the service.

Professional consultation

We can also offer a consultation for a professional who may require advice and support or when a pregnant person and/or partner is suffering from anxiety or depression but does not wish to be referred to the NSPCC.

We look forward to receiving your referrals and supporting you and the families you work with. If you do not have a referral form or wish for more information, please contact your nearest NSPCC Hub

NSPCC Pregnancy in Mind (PiM) Virtual Programme

A GUIDE FOR PROFESSIONALS



EVERY CHILDHOOD IS WORTH FIGHTING FOR

The NSPCC Pregnancy in Mind (PiM) service is a preventative, evidence-based, groupwork, mental health service for parents-to-be who are at risk of, or experiencing mild to moderate anxiety and / or depression during pregnancy. This includes the pregnant person, their partner or both. Alternatively a 'supporter' can attend with the parent-to-be. It is a virtual service delivered on a group-work basis. In exceptional circumstances 1:1 work may be available.

The service aims to enable parents-to-be to manage their anxieties and mood during their day-to-day lives, using coping strategies and techniques which are learnt and practised during sessions. The service also focuses on supporting the developing relationship between parents and their unborn babies.



Referral Criteria

- Pregnant people between Early pregnancy -26 weeks gestation, and/or their partners, who are at risk of or are experiencing mild to moderate anxiety and/or depression.
- There does not have to be a medical diagnosis of anxiety and / or depression
- " At risk of..." could include:
 - Those with a prior history of anxiety and / or depression or a family history of mental health problems
 - Those with a history of childhood adversity (e.g. neglect, abuse etc or having experienced poor parenting themselves)
 - Those with a lack of social support
 - Those experiencing a poor relationship quality with their partner
 - Young age
 - Experiencing an unplanned or unexpected pregnancy
 - Having experienced prior complications in pregnancy or loss etc

The Virtual Programme

The virtual programme consists of an introductory session, approximately 4 groupwork sessions, and an ending groupwork session.

The weekly sessions include the following:

- Checking in, listening and support
- Mindfulness and active relaxation
- Psycho-education and coping skills
- Awareness raising of foetal development
- Couple and co-parenting relationship
- Social support

The core aim is to help pregnant people/couples find positive ways to cope with anxiety/depression so that the relationship between parent and their unborn child can be nurtured.

The service will be facilitated by practitioners via Zoom or Microsoft Teams. In addition, between groupwork sessions weekly individual check in calls will be made to participants and they will be asked to complete a weekly wellbeing checklist.



Make a referral

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