

Perinatal and Infant Mental Health Services Update

December 2022

**Perinatal and Infant Mental Health
Services Update**

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Foreword

As Chairs of the Perinatal and Infant Mental Health Programme Board and Infant Mental Health Implementation and Advisory Group, we are delighted to present the 2022-23 Perinatal and Infant Mental Health Service Updates. In this introduction we want to briefly summarise the work behind the service updates, acknowledge the dedication of our Health Boards and explain why this work is important.

In 2019, the Scottish Government established the Perinatal and Infant Mental Health Programme Board to oversee, provide strategic leadership and have overall management of the delivery of improved perinatal and infant mental health services.

Between 2019-2022 we have invested over £18 million into the development of specialist community perinatal services, infant mental health, mother and baby units and services provided by the third sector such as counselling and befriending.

Since 2019 we have invested £5.5 million in the development and implementation of specialist community perinatal services. This has meant that three Health Boards have expanded their services and there are nine new services in place, with a further two services in development. We are also rolling out integrated Infant Mental Health teams and Maternity and Neonatal Psychological Interventions teams to provide support to both parents and infants at the times it is most needed. To achieve this, we have invested £3.2 million in Infant Mental Health and £2.3 million in Maternity and Neonatal Psychological Interventions services. Currently there are seven Health Boards with new Infant Mental Health provision and a further seven where this is in development. There is also one expanded Maternity and Neonatal Psychological Interventions service with seven new services in place and a further two in development.

Service updates are based on information from the Health Board monitoring reports and supplemented with information gathered by the Programme Board during in person visits to Health Boards in summer 2022. The information and statistics from these reports and visits were collated and form the basis of each service update.

We also held meetings with people who engaged in the development of the services in each of the Health Boards, which is a key part of our work to improve perinatal and infant mental health services across Scotland. It is of course crucial that these services

are led by the experience of women, infants and families, to learn from both positive and negative experiences. Consequently, we think these updates give a great insight into how services are established and developing across Scotland and where more support to accelerate the pace of change may be needed.

The Third Sector plays a key role in access to perinatal and mental health support. Over £1.8 million has been distributed to successful organisations via the Perinatal and Infant Mental Health Main Fund and Small Grants Fund. Over five and a half thousand parents, expectant parents and infants have been supported by 34 funded organisations.

We are grateful for the hard work of the Health Boards and third sector in driving forward these developments in what have been, and remain, very challenging times. With this joint working, we are now able to offer increased support of Perinatal and Infant Mental Health services to families across all of Scotland.

Prof. Hugh Masters – Chair – Perinatal and Infant Mental Health Programme Board

Dr. Roch Cantwell – Vice Chair – Perinatal and Infant Mental Health Programme Board

Dr. Anne McFadyen – Chair – Infant Mental Health Implementation Advisory Group

Introduction

Statutory Services

The Perinatal and Infant Mental Health Programme Board has invested in the development of:

Mother and Baby Units (MBUs) –

MBUs provide highly specialist mental health care to the small number of women and their infants who experience severe perinatal mental health difficulties. MBUs can admit women during pregnancy and at any point up until the infant's first birthday. They are open to all women across Scotland, based on clinical need and not geography.

Community Perinatal Mental Health Teams (CPMHTs) –

CPMHTs are multidisciplinary teams of health professionals such as Psychiatrists, Mental Health Nurses, Occupational Therapists and Psychologists and teams vary in size. They provide specialist mental health care to women across Scotland from pre-conception through to an infant's first birthday.

Infant Mental Health Teams (IMH) –

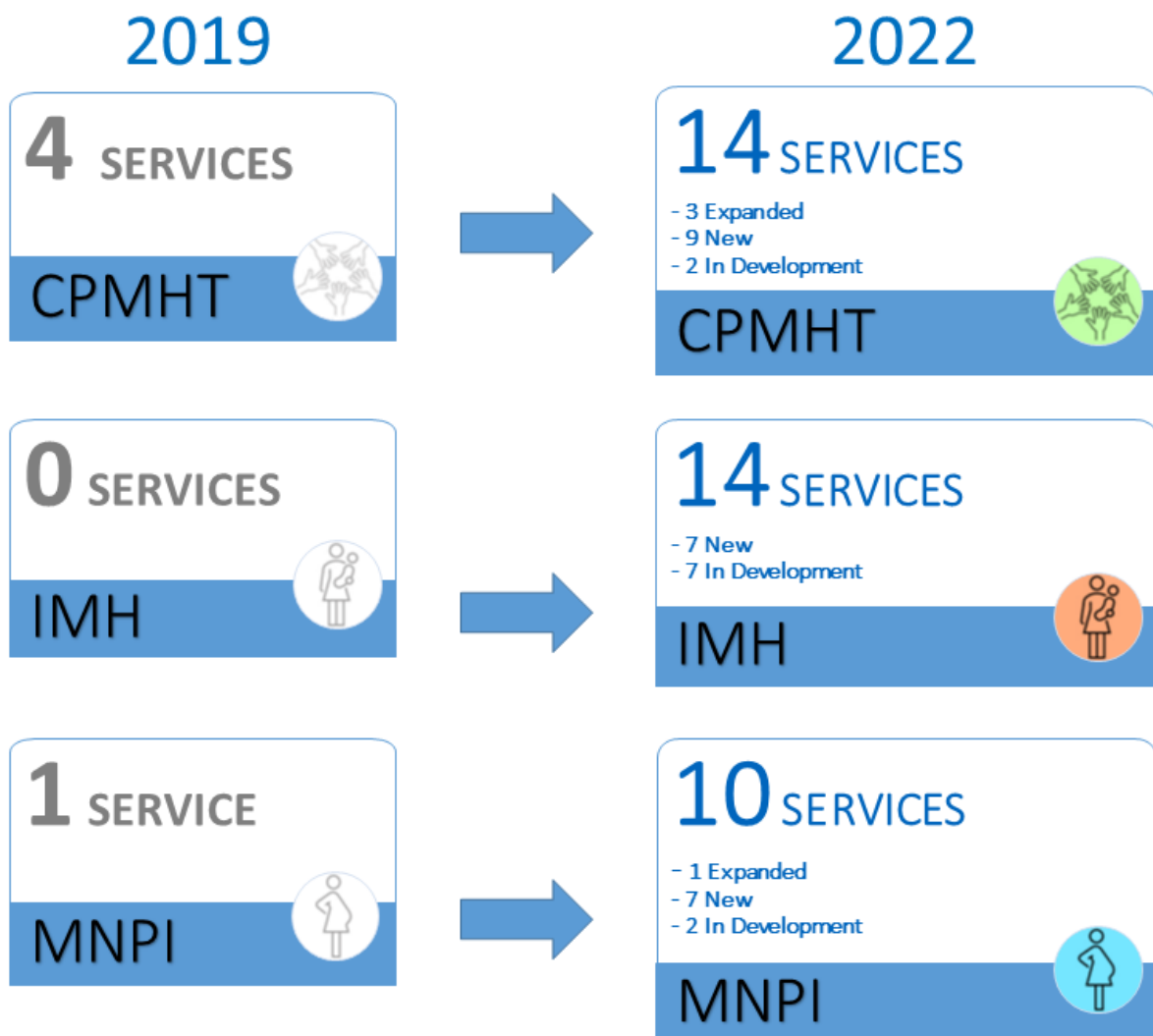
IMH teams are multidisciplinary teams of health professionals such as Child Psychotherapists, Psychologists, Parent-Infant Therapists and Occupational Therapists and teams vary in size. They provide specialist infant mental health care to infants and families across Scotland from conception to age three years.

Maternity and Neonatal Psychological Interventions Teams (MNPI) –

MNPI teams usually include health professionals such as Psychologists and Perinatal Mental Health Midwives, who provide support and psychological interventions to parents/carers. They support them with emotional difficulties related to complications during pregnancy, birth and neonatal inpatient care.

The diagram below outlines the changes in community statutory services in Scotland between 2019 and 2022. Community services for perinatal and infant mental health encompass:

- Community Perinatal Mental Health Teams (CPMHTs)
- Infant Mental Health Teams (IMH)
- Maternity and Neonatal Psychological Interventions Teams (MNPI)



Lived Experience

The Perinatal and Infant Mental Health Programme Board works with two Participation Officers who aim to support the integration of lived experience in an evidence based and respectful manner. This lived experience work seeks to span across the lived experience of infants, parents and caregivers with a focus on equality, intersectionality and rights. It is a critical part of both initial service development and ongoing service provision.

The Participation Officers have worked with Health Boards across Scotland in a variety of ways (phone calls, virtual meetings, on-site visits, participation and engagement training workshops) on how to respectfully engage with people with lived experience of perinatal mental health difficulties. Key learning from the Participation Officers in lived experience engagement in the development of services has been captured below.

Successes:

There has been engagement with all Health Boards. “Respectful Engagement with Lived Experience” workshops have been developed and are being delivered to Boards. Engagement has included a focus on promoting Voice of the Infant and third sector engagement.

Challenges:

There has been some difficulty with meaningful early and coordinated engagement with Health Boards. Levels of knowledge, awareness, and training of staff on equality and diversity has also been varied between Boards. Confusion around remuneration mechanisms has also presented a barrier, as has the need to deliver training online due to Covid-19.

Variation across Scotland:

There have been different roles across different areas facilitating engagement (lived experience lead, engagement officer, clinicians and managers). Alongside this, there has been variation in those seeking active involvement of lived experience and passive feedback. There has also been different levels of engagement with service users, those outside statutory services and with groups with protected characteristics.

Third Sector

Since launching in October 2020, the Scottish Government's Perinatal and Infant Mental Health Fund has provided up to £1m per annum to charities to support them to deliver vital mental health services to families across Scotland. The Fund is delivered by Inspiring Scotland and is split across two portfolios. The Main Grants aims to support the delivery of key services and address gaps in provision. It supports 16 charities with an average award of £58,000. The Small Grants focuses on small and medium organisations and, over an 18-month period, supported 18 charities with an average award of £11,500. For a map of where services are located in Scotland, see Annex 1.

[Find Support Near You - Perinatal and Infant Mental Health Third Sector Directory](#)

Charities deliver a range of services including peer support, parenting support and counselling and the collective work of all funded organisations contributes towards the fund's five outcomes as shown in the infographic below.



Mother and Baby Units

West of Scotland Mother and Baby Unit NHS Greater Glasgow and Clyde (Leverndale Hospital)

Mother and Baby Unit (MBU)

Expanded Service

- Service in place since 2004 and team recently expanded.
- Multidisciplinary ward team (Medical, Nursing, Health Visiting, Nursery Nursing, Health Care Support Work, Psychology, Parent-Infant Therapy, Occupational Therapy, Social Work, Peer Support Work).
- Provides specialist in-patient mental health care to women in late pregnancy and to postnatal women and the babies, who have mental ill health requiring inpatient care.
- Regional unit with close links to community perinatal mental health teams in the west of Scotland.
- The MBU provides a range of treatments for mothers, support to help the developing mother-infant relationship, and help for fathers and partners.
- Funding is available for visiting families for travel and accommodation through the Mother and Baby Unit Family Fund (MBUFF).

[More information on the West of Scotland Mother and Baby Unit](#)

[More information on the Mother and Baby Unit Family Fund](#)

Lived Experience Engagement

Highlights

- Active Perinatal and Infant Mental Health Network with service user involvement supported by the Health Board.

Third Sector Engagement

Highlights

- Ward team are developing a Partner's Pathway for dads and partners in collaboration with Dads Rock and Fathers Network Scotland.

Livingston Mother and Baby Unit NHS Lothian (St John's Hospital)

Mother and Baby Unit (MBU)

Expanded Service

- Service in place since 2007 and team recently expanded.
- Multidisciplinary ward team (Medical, Nursing, Nursery Nurses, Health Care Support Workers, Psychology, Occupational Therapy, Social Work, Music Therapy and Peer Support Worker).
- Provides specialist in-patient mental health care to women in late pregnancy and to postnatal women and the babies, who have mental ill health requiring inpatient care.
- Regional unit with close links to community perinatal mental health teams in the east and north of Scotland.
- The MBU provides a range of treatments for mothers, support to help the developing mother-infant relationship, and help for fathers and partners.
- Funding is available for visiting families for travel and accommodation through the Mother and Baby Unit Family Fund (MBUFF).

[More information on Livingston Mother and Baby Unit](#)

[More information on the Mother and Baby Unit Family Fund](#)

Lived Experience Engagement

Highlights

- Regularly ask women and families for feedback through questionnaires.

Third Sector Engagement

Highlights

- Ward team are part of the Perinatal Collaborative group which includes third sector organisations.

Health Board Service Updates (August 2022)

The information contained within these Service Updates describes progress up to August 2022 to reflect the fact that the information within these reports was gathered across Summer 2022. We recognise that there has been significant development since this point, and we also want to acknowledge the hard work and dedication that is happening across Scotland to continue to push this forward.

NHS Ayrshire and Arran

Community Perinatal Mental Health Team (CPMHT)

New Service

- Perinatal Mental Health Service in place since November 2021.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology, Occupational Therapy)
- Provides specialist advice and care to support mental health for parents where there are maternity or neonatal difficulties.
- Separate maternity liaison service and perinatal community psychiatric nursing service in North Ayrshire.
- Agreement in place with the Leverndale Mother and Baby Unit for admissions if required.
- Average time from referral to assessment: 5 days.
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Ayrshire & Arran Community Perinatal Mental Health Team](#)

Infant Mental Health Service (IMH)

In Development

- Service under development and will provide assessment and consultation to families and professionals once established.
- Recruitment of Clinical Psychologist, Administrative Staff and Team Leader completed.
- Base and clinic space secured.

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since October 2021.
- Multidisciplinary stand-alone team (Clinical Psychology, Counselling).
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Average time from referral to assessment: 10 days.

[More information on NHS Ayrshire & Arran Maternity and Neonatal Psychological Interventions Team](#)

Lived Experience Engagement

Highlights

- Local peer support networks involved in development of pathways of care for community perinatal mental health and maternity and neonatal psychological intervention services.
- Active engagement with women with lived experience through local third sector partners and peer support charities.
- Working with local recovery college to explore possible peer support roles.

Third Sector Engagement and Funding

Highlights

- Links made with Fathers Network Scotland and Children 1st
- Dads Rock providing support to fathers
- NHS Ayrshire & Arran is supported by the national 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health, listed in Annex 1.

NHS Borders

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since February 2021.
- Multidisciplinary dispersed team (Nursing, Medical, Clinical Psychology, Occupational Therapy, Social Work)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Maximum time from referral to assessment: 21 days.
Wait times may be shorter depending on clinical need and urgency.

Infant Mental Health Service (IMH)

New Service

- Service in place since February 2021.
- Single discipline (Medical)
- Provides consultation, advice, supervision and training to other professionals.

Lived Experience Engagement

Highlights

- Local peer support networks involved in identifying barriers to accessing care.
- Plan to arrange focus groups of patients and families to inform Infant Mental Health service development.

Third Sector Engagement and Funding

Highlights

- Third sector represented on service development groups.
- Close links developed with Nurture the Borders and Children 1st.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Held in Our Hearts, Nurture the Borders, PND Borders.

NHS Dumfries and Galloway

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since September 2021.
- Multidisciplinary dispersed team (Nursing, Medical, Clinical Psychology, Occupational Therapy)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy, in collaboration with community mental health teams.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Time from referral to assessment: 10-42 days.
Wait times may be shorter depending on clinical need and urgency.

Infant Mental Health Service (IMH)

In Development

- Service under development.
- Embedded single-discipline (Clinical Psychology).
- Currently providing specialist advice to professionals with aim to provide direct assessment and care to infants and parents.

Maternity and Neonatal Psychological Interventions Team (MNPI)

In Development

- Service under development.
- Embedded single-discipline service (Clinical Psychology)
- Limited service currently provided through perinatal psychologist offering specialist mental health advice and care to parents where there are maternity or neonatal difficulties.

Lived Experience Engagement

Highlights

- Women with lived experience are members of the Perinatal and Infant Mental Health Steering Group.
- Feedback sessions arranged for those who have used the service.
- Developing a participation project for women with lived experience.

- Third sector represented on the Perinatal and Infant Mental Health Steering Group.
- Team has good relationships with Aberlour, Action for Children, Baby Bump and Beyond, Dads Rock, Home-Start, SANDS, Support in Mind and Women's Aid.
- Training offered to Third Sector partners.
- NHS Dumfries & Galloway is supported by the national 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health, listed in Annex 1.

NHS Fife

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since August 2021.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Time from referral to assessment: 19 days.
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Fife Community Perinatal Mental Health Team](#)

Infant Mental Health Team (IMH)

New Service

- Service in place since April 2020.
- Multidisciplinary stand-alone team (Psychotherapy, Nursery Nursing, Health Visiting, Speech & Language Therapy)
- Provides specialist parent-infant input with families
- Supports professionals through consultancy when required.
- Average time from referral to consultation with involved professional(s): 18 days
Average time to direct assessment: 65 days

[More information on NHS Fife Infant Mental Health Team](#)

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since February 2021.
- Multidisciplinary stand-alone team (Clinical Psychology, Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Time from referral to assessment: 26 days.

Lived Experience Engagement

Highlights

- Team working with Fathers Network Scotland on inclusion of partners in service developments.
- Working on improving engagement with refugee families.
- Evaluation forms sent to all women before and after engagement with service.
- Rolling out use of the 'Voice of the Infant' tool.
- Support from Fife Voluntary Action to create links and support shared language around respectful engagement.

Third Sector Engagement and Funding

Highlights

- Links made with between third sector and Project Management Board.
- Close working with Fathers Network Scotland to plan a dads' mental health event.
- Service links made with local Home-Start, Cedar Project, Cottage Family Nurture Centre, Starcatchers and Art at the Start.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Held in Our Hearts, Home-Start Dunfermline, Home-Start Levenmouth, Starcatchers.

NHS Forth Valley

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since 2013 and recently expanded.
- Multidisciplinary dispersed team (Nursing, Medical, Clinical Psychology, Occupational Therapy)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy, in collaboration with local community mental health teams.
- Average time from referral to assessment: 28 days.
Wait times may be shorter depending on clinical need and urgency.

Infant Mental Health Service (IMH)

New Service

- Service in place since May 2021.
- Multidisciplinary embedded service (Medical, Clinical Psychology)
- Referrals currently accepted via CPMHT with aim to expand further to provide assessment and consultation to families and professionals once fully established.
- Average time from referral to direct assessment: 14 days

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since November 2021.
- Multidisciplinary stand-alone team (Clinical Psychology, Psychological Therapy)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Average time from referral to assessment: 21 days

Lived Experience Engagement

Highlights

- Experts by experience are part of the local Perinatal and Infant Mental Health Forum.
- Active involvement with women with lived experience to develop engagement with women who have given birth.

- Third sector organisations are part of the local Perinatal and Infant Mental Health Forum.
- MNPI team has developed links made with Fathers Network Scotland. Teams have good relationships with Dads Rock, Coorie Creative, Held in our Hearts, local Home-Starts across Fife and Forth Valley and Aberlour.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Aberlour, Held in Our Hearts.

NHS Grampian

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since March 2022.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology, Health Visiting, Occupational Therapy)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Time from referral to assessment: 6 weeks
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Grampian Community Perinatal Mental Health Service](#)

Infant Mental Health Service (IMH)

In Development

- Service under development and will provide assessment and consultation to families and professionals once established.

[More information on NHS Grampian Infant Mental Health Service](#)

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since August 2022.
- Multidisciplinary stand-alone team (Clinical Psychology, Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- No information on time from referral to assessment.

[More information on NHS Grampian Maternity and Neonatal Psychological Interventions Service](#)

Lived Experience Engagement

Highlights

- Community Engagement Manager appointed in collaboration with maternity services.
- Women with lived experience co-chair the Perinatal and Infant Mental Health Steering Group.
- Those with lived experience have contributed to team training.
- A dedicated 'Involving You' webpage has been launched which signposts opportunities for women, partners and extended families to get involved to help shape and deliver services. [More information on the 'Involving You' service](#)

Third Sector Engagement and Funding

Highlights

- Links established with LATNEM and members are part of the Perinatal and Infant Mental Health Steering Group.
- Links made with Home-Start Aberdeen, CrossReach, and training from Fathers Network Scotland.
- Service leads have attended Maternity Voices Partnership to develop links.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: CrossReach, Home-Start Aberdeen, LATNEM.

NHS Greater Glasgow and Clyde

Community Perinatal Mental Health Team (CPMHT)

Expanded Service

- Service in place since 2004 and recently expanded.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology, Nursery Nursing, Occupational Therapy, Parent-Infant Therapy, Social Work)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Closely aligned with the regional Mother and Baby Unit for admissions if required.
- Average time from referral to assessment: 32 days.
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Greater Glasgow & Clyde Community Perinatal Mental Health Service](#)

Infant Mental Health Service (IMH)

New Service

- Service in place since November 2021.
- Multidisciplinary stand-alone team (Medical, Child Psychotherapy, Clinical Psychology, Nursing, Family/Systemic Psychotherapy, Social Work, Speech & Language Therapy)
- Provides specialist parent-infant advice and consultation to families and professionals.
- Average time from referral to direct assessment: 26 days.

[More information on NHS Greater Glasgow and Clyde Infant Mental Health Service](#)

Maternity and Neonatal Psychological Interventions Team (MNPI)

Expanded Service

- Service expanded in March 2021.
- Multidisciplinary stand-alone team (Clinical Psychology, Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Average time from referral to assessment: 26 days.

Lived Experience Engagement

Highlights

- Consultation workshops have included women with lived experience.
- Workstream developed for hard to reach groups.
- Plan to involve lived experience in staff recruitment process.
- Families involved in developing Infant Mental Health leaflets and team name.
- Active Perinatal and Infant Mental Health Network with service user involvement supported by the Health Board.

Third Sector Engagement and Funding

Highlights

- CPMHT has hosted conversation workshops with local third sector organisations.
- Fathers Network Scotland provided training to staff.
- Close links developed with local Home-Start and Art at the Start.
- Third sector organisations are members of the Perinatal and Infant Mental Health Network.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Aberlour, Action for Children, Amma Birth Companions, Barnardo's, CrossReach, Home-Start Glasgow North and North Lanarkshire, Home-Start Glasgow South, Home-Start Renfrewshire and Inverclyde, Mosaic Counselling and Therapy, Quarriers, With Kids, 3D Drumchapel.

NHS Highland

Community Perinatal Mental Health Team (CPMHT)

In Development

- Service in place since January 2022.
- Multidisciplinary dispersed team in place (Nursing, Midwifery)
- Specialist perinatal mental health advice and consultation provided to women in Argyll and Bute, in collaboration with community mental health services, and soon to be extended to North Highland.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Average time from referral to assessment: 7 days (Argyll and Bute)
Wait times may be shorter depending on clinical need and urgency.

Infant Mental Health Service (IMH)

In Development

- Service under development since April 2022.
- Will provide assessment and consultation to families and professionals once established.

Maternity and Neonatal Psychological Interventions Team (MNPI)

In Development

- Service under development in North Highland since April 2022.
- Multidisciplinary embedded service (Clinical Psychology, Midwifery)
- Will provide specialist mental health advice and care to parents where there are maternity or neonatal difficulties once established.

Lived Experience Engagement

Highlights

- Active engagement with women with lived experience through feedback meetings.
- Team have linked with third sector to ask women about their experiences of maternity care during the pandemic.
- Team are co-producing service information with local third sector organisations representing women with lived experience.
- Development of a reference group of women with lived experience who will input to service development meetings and discussions.

- Third sector forum established.
- Links made with Fathers Network Scotland, Children 1st, local Home-Start, Bliss, Held in our Hearts, Highland Maternity Voices, Art at the Start and Let's Grow Kids. Dads Rock providing training to team.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Held in Our Hearts, Home-Start East Highland in partnership with Home-Start Caithness.

NHS Lanarkshire

Community Perinatal Mental Health Team (CPMHT)

Expanded Service

- Existing service expanded in September 2020.
- Multidisciplinary stand-alone team in place (Medical, Clinical Psychology, Nursing, Occupational Therapy, Social Work, Nursery Nursing, Parent Infant Therapy)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Average time from referral to assessment: 28 days.
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Lanarkshire Community Perinatal Mental Health Team](#)

Infant Mental Health Service (IMH)

New Service

- Service in place since September 2021.
- Multidisciplinary stand-alone team (Medical, Child Psychotherapy, Clinical Psychology, Nursing, Social Work, Early Years Worker)
- Provides specialist parent-infant advice and consultation to families and professionals.
- Average time from referral to direct assessment: 22 days.

[More information on NHS Lanarkshire Infant Mental Health Team](#)

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since August 2021.
- Multidisciplinary stand-alone team (Clinical Psychology, Psychological Therapy, Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Average time from referral to assessment: 28 days.

Lived Experience Engagement

Highlights

- Active engagement with women with lived experience through service user evaluation, focus groups and attendance at a stakeholder event workshop.
- Women with lived experience attend service development group.
- Reaching out to marginalised groups to seek raise awareness of services and to invite participation in service development group.

Third Sector Engagement and Funding

Highlights

- Third sector included in membership of multi-agency service development groups.
- IMH team providing training to third sector organisations including Healthy Valleys, Barnardos, local Home-Start, Families Like Us, Hope Hub and Blameless.
- Links made with Fathers Network Scotland and Dads Rock.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Amma Birth Companions, CrossReach, Healthy Valleys, Home Start Glasgow North and North Lanarkshire.

NHS Lothian

Community Perinatal Mental Health Team (CPMHT)

Expanded Service

- Service in place since 2007 and recently expanded.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology, Nursery Nursing, Occupational Therapy, Parent-Infant Therapy, Art Therapy, Social Work)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Closely aligned with the Regional inpatient Mother and Baby Unit based at St John's Hospital for patients who required admission.
- Average time from referral to assessment: 21 days.
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Lothian Perinatal Mental Health Service](#)

Infant Mental Health Service (IMH)

In Development

- Service in place since May 2022 and expanded in August 2022, piloting in South Edinburgh and Midlothian.
- Multidisciplinary stand-alone team (Clinical Psychology, Health Visiting, Child Psychotherapy, Social Work, Nursery Nurse, Occupational Therapy, Assistant Psychology, and Medical)
- Provides specialist parent-infant advice and consultation to families and professionals.
- Average time to consultation with involved professional(s): 20 days

[More information on NHS Lothian Infant Mental Health Service](#)

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since September 2020 and expanded in May 2022.
- Multidisciplinary stand-alone team (Clinical Psychology, Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.
- Average time from referral to assessment: 8 days.

[More information on NHS Lothian Maternity and Neonatal Psychological Interventions Service](#)

Lived Experience Engagement

Highlights

- Women with lived experience consulted about barriers to accessing group work.
- Feedback sought from women and families by questionnaire and interviews.
- Member of local peer support group involved in recruitment process for team.
- Work closely with Experts by Experience within local Maternity Voices Partnership.
- IMH team surveyed parents, through third sector organisations, exploring views on accessing parent-infant support.

Third Sector Engagement and Funding

Highlights

- Third sector organisations are members of the Perinatal Collaborative steering group
- MNPI collaboration with Dads Rock to establish a peer support group for neonatal dads, and with Aberlour perinatal befriending to support neonatal families.
- CPMHT working with CrossReach perinatal counselling service
- Links made with Aberlour, Andy's Man Club, BLISS, Circle, Crossreach, Dean and Cauvin, Families Outside, Held in Our Hearts, Home-Start Leith & North East Edinburgh, Home Link Family Support, Juno, Kindred, La Leche League, LGBT Health and Wellbeing, Midlothian Sure Start, Multi-Cultural Family Base, NCT - Breast Feeding Support, PANDAS, Pregnancy and Parents Centre, Rainbow Families, Saheliya, SIMBA, Space and Broomhouse Hub, TAMBA Tommys, Women's Aid.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Held in Our Hearts, Home-Start East Lothian, Midlothian Sure Start, Multi-Cultural Family Base, Pregnancy Counselling and Care, Starcatchers, Stepping Stones North Edinburgh.

NHS Orkney

Community Perinatal and Infant Mental Health Team (CPMHT + IMH) **New Combined Service**

- Service in place since December 2021.
- Small team providing combined service (Clinical Psychology, Mental Health Nursing, Health Visiting, Midwifery)
- Provides specialist mental health advice and consultation to those caring for pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Plans under development for regional support from NHS Grampian where required.

Lived Experience Engagement

Highlights

- Use of social media to encourage women with lived experience to volunteer to support service developments.
- Plan to have women with lived experience on local steering group.

Third Sector Engagement and Funding

Highlights

- Close links developed with Home-Start.
- NHS Orkney is supported by the national 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health, listed on Annex 1.

NHS Shetland

Community Perinatal and Infant Mental Health Team (CPMHT + IMH) **New Combined Service**

- Service in place since April 2022.
- Small team providing combined service (Clinical Psychology, Mental Health Nursing, Health Visiting, Midwifery)
- Provides specialist mental health advice and consultation to those caring for pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Plans under development for regional support from NHS Grampian where required.

Lived Experience Engagement

Highlights

- Use of semi structured interviews with women with lived experience to inform service developments.
- Plan to have women with lived experience on local steering group.

Third Sector Engagement and Funding

Highlights

- Planning to have third sector representation on local steering group.
- Close links with Mind Your Head.
- NHS Shetland is supported by the national 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health, listed in Annex 1.

NHS Tayside

Community Perinatal Mental Health Team (CPMHT)

New Service

- Service in place since November 2021.
- Multidisciplinary stand-alone team (Nursing, Medical, Clinical Psychology, work collaboratively with Perinatal Mental Health Midwifery)
- Provides specialist mental health advice and care to pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy.
- Agreement in place with the regional Mother and Baby Unit for admissions if required.
- Time from referral to assessment: 4 weeks
Wait times may be shorter depending on clinical need and urgency.

[More information on NHS Tayside Community Perinatal Mental Health Team](#)

Infant Mental Health Service (IMH)

In Development

- Service under development and will provide assessment and consultation to families and professionals once established

Maternity and Neonatal Psychological Interventions Team (MNPI)

New Service

- Service in place since May 2022.
- Multidisciplinary stand-alone team (Clinical Psychology)
- Provides specialist mental health advice and care to parents where there are maternity or neonatal difficulties.

[More information on NHS Tayside Maternity and Neonatal Psychological Interventions Team](#)

Lived Experience Engagement

Highlights

- Expert by experience formally engaged to support perinatal and infant mental health implementation. Actively involved in gathering service user views through a questionnaire. Feedback provided on development work via leading small focus group and public facing webpage development.
- Recruiting Peer Support Recovery Workers for 18 month pilot in Dundee.

- Plan to develop a perinatal collaborative including 3rd sector, lived experience and statutory services.
- Links made with Aberlour, Alternatives Dundee, Art at the Start, Barnardos, Bliss, Dundee International Women's Centre, Dundee Volunteer & Voluntary Action Peer Service, Home-Start Dundee and Perth, Parent to Parent.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Home-Start Dundee.

NHS Western Isles

Community Perinatal and Infant Mental Health Team (CPMHT + IMH)

In Development

- Team to be established but steering group in place from July 2022.
- Will provide specialist mental health advice and consultation to those caring for pregnant and postnatal women, and to women with pre-existing mental ill health who are planning a pregnancy once established.
- Plans under development for regional support from NHS Greater Glasgow & Clyde where required.

Lived Experience Engagement

Highlights

- Plan to have women with lived experience on local steering group.

Third Sector Engagement and Funding

Highlights

- Third sector representation on local steering group.
- Close links with Action for Children.
- In addition to the national 3rd sector organisations (see Annex 1), local 3rd sector organisations funded through Scottish Government Main and Small Grant Funds for perinatal and infant mental health include: Action for Children

Annex 1: Overview of Third Sector Funding

The map below shows the distribution of third sector funding via the Perinatal and Infant Mental Health Main Fund and Small Grants Fund across Scotland.

Perinatal & Infant Mental Health Fund

Dads Rock;
Fathers Network Scotland;
Human Development Scotland;
Parent and Infant Mental Health Scotland
(formally Maternal Mental Health Scotland);
Mellow Parenting
Nationwide

Action for Children
West Dunbartonshire,
Western Isles

Barnardo's;
Home-Start Renfrewshire
& Inverclyde;
MindMosaic Counselling
and Therapy
Inverclyde and Renfrewshire

3D Drumchapel;
Amma Birth Companions;
CrossReach Bluebell Perinatal Service;
Home-Start Glasgow North & North
Lanarkshire;
Home-Start Glasgow South;
Quarriers;
With Kids
Glasgow and surrounding areas

Home-Start East
Highland with Home-
Start Caithness
Highland



CrossReach
Counselling:
Moray Perinatal
Service;
LATNEM
Moray

Home-Start Aberdeen;
LATNEM
Aberdeen and Shire

Home-Start Dundee
Dundee

Aberlour Child Care Trust
Clackmannanshire,
Falkirk, Stirling

Home Start Dunfermline;
Home-Start Levenmouth
Starcatchers
Fife

Home-Start East Lothian;
Held in Our Hearts;

Stepping Stones North Edinburgh;
Multi-Cultural Family Base;
Pregnancy Counselling & Care;
Starcatchers;
Midlothian Sure Start
with East Lothian
Council
Edinburgh and Lothians

Healthy Valleys
South Lanarkshire

PND Borders;
Nurture The Borders
Borders



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The Scottish Government
St Andrew's House
Edinburgh
EH1 3DG

ISBN: 978-1-80525-301-3 (web only)

Published by The Scottish Government, December 2022

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA
PPDAS1177722 (12/22)

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