

Who can benefit from our service?

- Parents and carers, including those expecting, who are experiencing difficulties in their relationships with their babies, young children or unborn children
- Parents/ carers of young children and unborn babies wishing to improve communication and reduce stress and conflict within the family
- Parents/ carers with concerns about the potential emotional impact of their own experiences on the relationship with their babies or young children
- Young children who are experiencing significant emotional difficulties



Online Infant Mental Health Resources

Aimh.uk

plymouthias.org.uk

plymouthonlinedirectory.com

parentinfantfoundation.org.uk

zerotothree.org

bbc.co.uk/tiny-happy-people

Implementingthrive.org

Chathealth.nhs.uk

Contact details

CAMHS Infant Mental Health Pathway

Tamar Folk Children's Centre

St Budeaux

Tel: 01752 434615

Livewell.infantmentalhealth@nhs.net

Website:

www.livewellsouthwest.co.uk/infant-mental-health

Complaints:

customerservicespch@nhs.net



Livewell Southwest



@livewellsw

Infant Mental Health-Pathway

Part of **CAMHS**

Child and Adolescent Mental Health Service



Supporting the emotional wellbeing of babies and young children by caring for their most significant relationships— from conception to starting school



We support people to lead independent, healthy lives

Livewell
Southwest

What is Infant Mental Health?

Infant Mental Health is the capacity

- to form close relationships with others
- to recognise and express emotions; and
- to explore and learn about the environment.

These capacities grow and develop through babies' interactions and experiences with their caregivers.

They can be impacted by stresses on the parent-child relationship or by difficulties experienced by the child and/or parents.

“My experiences in the womb and as a young child will affect me for the rest of my life– you can help me to thrive.”

Who works in our pathway?

Our small, multi-professional pathway consists of a Clinical Pathway Manager, Child and Adolescent Psychotherapists, Parent-Infant Psychotherapists, a Clinical Psychologist, Infant Mental Health Practitioners and an Administrative Supervisor .

What we offer

We offer a range of evidence-based interventions and work flexibly, together with caregivers and children to try to best meet the needs of those in our pathway.

Below are some examples of the types of work we offer:

- Working within the I-Thrive model
- Advice to parent/ Carers
- Consultation to professionals
- Training for professionals
- Antenatal Psychotherapy
- Parent-Infant Psychotherapy (individual or group)
- Child Psychotherapy and Parent work
- Psychological Interventions, including low intensity CBT
- Art Psychotherapy
- Video Interaction Guidance
- Circle of Security
- From Timid to Tiger (group for parents of children with anxiety)

We work using either face to face; video or telephone contact, depending on clinical need.



How to Request Involvement from our service

- We accept self-referrals however we recommend that Parent/Carer contact us to discuss the difficulties initially. Staff will guide you on the next steps. This could be signposting/ accepting and/or completing a self-referral or alternatively send self-referral to:
- livewell.infantmentalhealth@nhs.net
- Any professionals working with families can request for involvement with parental consent which can be downloaded from our website or via telephone/email to request for a copy (see back of leaflet for details) and sent to:
- d-ccg.drss-rmsleads@nhs.net.

What happens next:

- Receipt of request for involvement form
- Discussion to see if appropriate:
- If Yes- Child's name added to our waiting list for assessment /consultation
- If No– Possible request for further information or signposting to other services.
- Following assessment we may offer an appropriate intervention;

