

Mindsight Surrey CAMHS Parent Infant Mental Health(PIMHS)

Information for parents and carers



Easy Read

The Parent Infant Mental Health Service (PIMHS)



The Parent Infant Mental Health Service - known as PIMHS works with:

- Parents who are expecting baby
- Babies up to 1 year old.



We are a team of:

- **Health Visitors** - who help mothers and babies with health advice
- **Child Psychotherapists** - who help babies who have difficult behaviour
- **Perinatal Therapists** - who help parents in the time just before and after their baby is born.





We help parents who have difficult feelings during pregnancy and after birth:

- They are still upset after losing another baby



- It was a very difficult birth

- They have suffered from some abuse

- They have mental health problems



- They have problems with drugs or alcohol



- They have had a bad time in care

- They have difficulties in keeping the baby safe



The baby may also have problems like:

- Being difficult to soothe
- Crying for long periods of time
- Sleeping or eating problems
- Not making eye contact with the parents



What we do



We provide a safe place for parents to think about their babies and themselves.

We help the parent to play and talk to their baby.



We offer a baby massage course. This is one session a week for 5 weeks.

We can see parents where it is best for them.

How to get help

We have one phone number and one website to get a service in Surrey.

Please use the phone to contact us.



Telephone: 0300 222 5755



Web: sabp.nhs.uk/mindsightsurreycamhs



You can also get a service by talking to your local doctor, your social care support worker, or your school or college.



In a crisis you can phone CAMHS One Stop on **0300 222 5755** between 8am and 8pm

If you are in a crisis at night you should phone 999