

Mindsight Surrey CAMHS **Parent Infant Mental Health Service (PIMHS)** Information for families and carers



For a better life

Our services for children, young people and families

PIMHS is part of Mindsight Surrey CAMHS and delivered in partnership with Virgin Care, Central Surrey Health and First Community Health to support people living in Surrey.

What we do

The Parent Infant Mental Health Service, known as PIMHS, works with parents expecting a baby and with babies up to the age of one year. We are a small team of specialist health visitors, child psychotherapists and perinatal therapists.

We build on the strengths of parents while recognising the challenges they face in developing a positive relationship with their infant.

We support parents when they struggle to relate to or have any positive feelings about their babies. We help parents who may have difficult feelings during pregnancy and in the weeks after the baby has been born.

How we can help you

If you are expecting a baby or have a baby less than a year old and are finding it difficult to develop a positive relationship with your baby, the PIMHS team may be able to help.

Problems in developing a bond with a baby happen for all sorts of reasons, such as:

- Unresolved loss about another baby
- Difficult and traumatic births
- Domestic abuse
- Mental health problems
- Substance misuse
- Difficult relationships with one's own parents
- Experience of the care system
- Difficulties in keeping a baby safe

Babies may also show their distress by, for example:

- Being very difficult to soothe
- Sleeping or feeding problems
- Crying for long periods of time
- Making little eye contact with their parents

What to expect from PIMHS

We provide a safe space for you to think about the relationship you have with your baby. We may encourage you to play with and talk to your baby. Sometimes it's helpful to try to think about how your baby is feeling and what your baby might be trying to tell you through his/ her sounds and body movements. Filming the positive parts of these sessions for you to watch later can be helpful.

We may offer you a baby massage course either one-to-one or in a group as a way of helping you develop a more positive relationship with your baby. The course is for five weeks and each session lasts about one-and-a-half hours.

We will agree with you at the beginning what you would find most helpful and what you would like to work on. We then write this up into a care plan, which can be changed over time. We usually find that parents and babies don't need many appointments to make important changes in their relationship.

We will try to see you at a time and place that is most convenient for you. This could be in your home, in a CAMHS clinic, in a children's

centre or other health clinic. The most important thing is that you feel safe and comfortable.

What people using PIMHS have said about our service

"This has helped me to know how to be with my baby"

"I really enjoyed having a 'safe' place to talk about things and hearing other people's issues and feeling I am not the only one"

"Thank you so much, you have truly helped me to grow my bond with my baby, I couldn't have done it without this help. Everything seems to be back on track again. Thank you."

In case of a crisis

If you are looking after or caring for a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week

including bank holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

How to access the service

Referrals to our PIMHS service are made through the specialist health visitors in each community provider. This ensures that services are local and appropriate for the needs of infants and their families.

We also accept referrals from health, social care or education practitioners

such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

To make a referral contact the team

Jo Goldsmith
Tel: 01883 388303

Langley House
Church Lane,
Oxted RH8 9LH

Or you can speak to CAMHS One Stop



0300 222 5755



Visit our website here:
sabp.nhs.uk/mindsightsurreycamhs



CAMHS One Stop, 18 Mole Business Park, Leatherhead, KT22 7AD

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:
Tel: 01372 216285 Email: communications@sabp.nhs.uk

Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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