



Title: Perinatal mental health support in Swindon

12/07/2022: Developed by Sascha Webb, Public Health Specialist

The Midwifery service- midwives will talk to all parents about perinatal mental illness and local support. A specialist perinatal mental health service is available.

LIFT psychology; are a community psychology service incorporating IAPT. They provide CBT based treatments for mild-moderate depression/ anxiety. Tailored for perinatal clients, they offer a 'Well-being after baby' psychoeducational group course and the online 'Space for Perinatal Wellbeing' SilverCloud programme. Self-referral but need to be registered with a GP.

The Specialist Community perinatal mental health service- support Mum's at risk of developing severe mental health problems during the perinatal period. Targeted support is provided by perinatal mental health specialists.

The parenting hub- offer targeted one to one support, parenting programmes and group activities. One to one support for Fathers, a Dad's support group and 'Dads n kids' activity group are also available. Self-referral.

The Health visiting service offer a universal 6-8 week review of family mental health and may complete a 12 week targeted contact and/ or ongoing individualised support if concerns are identified. They will be offering a new targeted parenting programme; **Beanstalks** to support families with additional vulnerabilities.

SHINE PND offer creative art therapy courses, peer support and drop- in sessions for Mum's experiencing/ at risk of experiencing PND. They supply an on-site crèche to enable Mum's the space to engage. Accept referrals from other services/ self-referrals.

[Shine PND Support - Home](#) | [Facebook](#)

Home-Start support families with at least 1 child under 5 to cope with the stresses & strains of life & make sure they have the skills, strengths & confidence they need to nurture their children, recognise their own strengths and identify what support they feel they need. Referral by Health Visitor only.

The Harbour Project welcome and support refugees and asylum seekers. Striving to reduce social isolation, improve health and increase self-esteem, they run a weekly women's group, the Harbour Café & 'Free from bad memories' one to one counselling.

NSPCC offer '**Pregnancy in mind**'; a preventative mental health service designed to support parents who are at risk of/ or experiencing mild to moderate anxiety & depression during pregnancy. It is an antenatal group intervention delivered during the middle trimester of pregnancy.

Nelson trust; women only service for multiple & complex needs. 'Mum's minds matter' group includes stay and play, baby sensory and peer support. The service has good links with grow baby by Pattern Church who provide essential baby clothing and equipment free of charge to those in need. Self-referral/ drop in welcome.

Swindon Women's Aid support and empower victims of domestic abuse. They offer a 24hr helpline, refuge accommodation, trauma-informed interventions, recovery programmes, one to one support & parenting support.



Contact details

More information on all services can be found here [Swindon Local Offer - Home](#)

Nelson Trust

Web link: [Home - Nelson Trust](#)

Email: swindon.info@nelsontrust.com

Tel: 01793 495812

Swindon Women's aid

Web link: [SWA Domestic Abuse – Swindon Domestic Abuse Support Service](#)

Email: Contact form on website.

Tel: 01793 610610

SHINE PND

Web link:

[Shine PND SUPPORT \(shine-support.org\)](#)

Facebook:

[Shine PND Support - Home | Facebook](#)

Contact Rachael Stone- Swindon Lead

Email: rachael_id_gomm@hotmail.co.uk

Tel: 07866200016

NSPCC Swindon

Tel: 01793 683100

Web link: [NSPCC | The UK children's charity | NSPCC](#)

Midwifery- Great Western

Hospital Switchboard Tel: 01793 604020.

Parenting hub

Facebook: [Swindon Parenting Hub - Home | Facebook](#)

Tel: 01793 722984

The Harbour project

Web link: [The Harbour Project – We aid refugees and asylum seekers across Swindon](#)

Email: info@harbourproject.org.uk

Tel: 01793 611682

Open 10am-2pm Monday-Friday (currently by appointment only).

Home-Start Kennett

Website: [Home-Start Kennet | Because childhood can't wait \(homestartkennet.co.uk\)](#)

Email:

hskadmin@homestartkennet.co.uk

Tel: 01672 569457

Health Visiting

Duty Tel: 01793 465452 open Monday- Friday 9:00am-16:30pm.

Web link:

[Swindon Local Offer - Health Visitor Services](#)