

# Infant Mental Health Service

## Information for Referrers

**Leeds Community  
Healthcare**  
NHS Trust

The Infant Mental Health Service promotes healthy social and emotional development in infancy. If you're a professional working with a family and you're worried about the emotional well-being of a baby, we might be able to help. This information is designed for professionals who would like to refer a family to our service for direct work or consultation.

### Contact us

Parkside Community Health  
Centre  
311 Dewsbury Road, Leeds  
LS11 5LQ  
**t: 0113 843 0841**  
**e: [leedsimh@nhs.net](mailto:leedsimh@nhs.net)**

## Who do we work with?

We support babies from conception to age two. You can refer an infant where there are concerns around the attachment relationship with the infant's primary care giver.

## Can I refer?

We accept referrals from health visitors, midwives, CAMHS practitioners and GPs. We encourage other professionals to contact the family's health visitor / midwife to discuss their concerns.

## How do you refer?

You will need to follow four steps when referring into our service:

- 1) Speak with the parents / carers to gain their consent — we cannot work on issues around attachment if parents do not wish to engage. You may want to share our information leaflet to help families understand what we do and how we might be able to help.
- 2) Call us using the telephone details above for an informal consultation about the family. We will take some notes and think together with you about the needs of the infant.
- 3) If we agree that a referral to our service would be helpful, you will need to complete our referral form (available on SystemOne, or you can ask us for a copy when you speak with us on the phone).
- 4) Send the referral form to **[leedsimh@nhs.net](mailto:leedsimh@nhs.net)**

## What can you expect from us?

You will always receive an e-mail acknowledging your referral form when we receive it by e-mail. If you do not get an acknowledgement then we will not have received your e-mail. This sometimes happens when referrals get blocked by IT. Please call us and we can provide an alternative e-mail address.

We will then discuss your referral at our weekly Referrals Management Group meeting to decide whether we will be able to help. If we do not accept the referral, we will provide information about why we do not think it would be appropriate for our service. If we accept the referral, we might offer:

- A joint visit with referrer
- Consultation with the professional team around the infant
- Specialist assessment
- Direct therapeutic / psychoeducational work

We have clinical psychologists, therapists, specialist health visitors and infant mental health practitioners in our team. Once a referral has been accepted, it will be allocated to the member of our team who is best suited to support the family. We usually manage our referrals without needing a waiting list. If we anticipate a delay in allocation, we will let you know.