

How to contact us

You can ask your midwife, 0-19 Specialist Public Health Nurse (formerly know as a health visitor) or CAMHS practitioner to refer you to our service. You can contact us directly on **0113 843 0841** to find out more or look at our web page:

www.leedscommunityhealthcare.nhs.uk

Infant Mental Health Service
Hunslet Health Centre
24 Church Street
Leeds LS10 2PT



Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.



Infant Mental Health Service

Early relationships matter

Offering psychological support to parents and carers in Leeds during pregnancy and up to their baby's second birthday



What is Infant Mental Health?

The words 'Infant Mental Health' often surprise or confuse people. However, increasing evidence shows that the kind of life experiences, and relationships, children have in the first few years of life, effect how infants manage their emotions and cope in the world around them.

We know that having a baby can be a special time, but it can also bring many challenges. Difficulties in pregnancy, a traumatic birth or past experiences, loss or bereavement, low mood or anxiety, can all affect how you feel about your baby and how your baby makes sense of the world.

The Infant Mental Health Service aims to help you as a parent or carer to think about these challenges and develop ways to strengthen the relationship between you and your baby. By having a closer relationship with your baby, you can help your baby to get off to the best possible start in life. This will help them to grow up feeling safe and secure to explore their world as curious and confident children.



Can we help?

You may have talked to your midwife or spent time with your 0-19 Specialist Public Health Nurse thinking about your relationship with your baby. You and your healthcare practitioner may feel our service would benefit you if:

- You feel you haven't bonded well with your baby or
- Being a parent or carer is stirring up difficult or confusing feelings or
- You have worrying or upsetting thoughts about your baby



What do we offer?

We meet with parents or carers and their infants for an initial appointment to find out how we can support you and your baby. We can visit you at home or somewhere convenient to you, such as a local children's centre or health centre.

Further sessions will aim to help you gain a deeper understanding of your feelings, how to care for your child's emotional needs and discover new ways of thinking about your baby and your relationship. Together we will support you to build a secure relationship with your baby and look at how to meet your baby's emotional and social needs.



Who are the Infant Mental Health team?

We are a small and experienced team who work across the city of Leeds. We are made up of clinical psychologists, infant mental health practitioners and 0-19 Specialist Public Health Nurses specialising in infant mental health.