

Who are the Infant Mental Health team?

We are a small team with a mix of professionals from different agencies. These include: child psychotherapist, clinical psychologist, infant mental health psychiatrist, early years practitioner and social worker. We offer a range of ways of working with parents or carers and infants.

Requests for support from the Infant Mental Health Team

The Infant Mental Health Team accepts Requests for Assistance from Health Visitors, Family Nurses, Nursery/Early Years staff, the Maternity and Neonatal Psychological Intervention Service or Perinatal Mental Health Service. You will need to ask a worker from one of these services to make a Request for Assistance to our team. The Request for Assistance will be in the name of the infant you care for.

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 or to the Lead for the Infant Mental Health Service (see telephone number on the back page of this leaflet). 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:

Patient Affairs Manager (Primary Care),
NHS Lanarkshire Headquarters, Kirklands,
Fallside Road, Bothwell G71 8BB
01698 752800 (Press Option 2)
PatientAffairs.Primarycare@lanarkshire.scot.nhs.uk

Infant Minds Matter 5

Infant Mental Health Team

Buchanan Centre, Main Street, Coatbridge,
Lanarkshire ML5 3BJ
Phone: 01698 754609

Monday to Friday, 9:00am - 5:00pm

To find out more please see our web page:
<https://www.nhslanarkshire.scot.nhs.uk/services/infant-mental-health/>



www.careopinion.org.uk

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail

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Infant Mental Health Service

Infant Minds Matter

Offering specialist psychological support for infants in Lanarkshire up to their 3rd birthday



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What is Infant Mental Health?

Mental health starts in infancy. A healthy mind is as important as a healthy body for a baby. And a baby's mind needs to grow and develop just like its body. Infancy is a special time for the growth and development of a healthy mind and brain.



Mental health for babies means having rewarding relationships with parents or carers; developing the ability to manage emotions; being interested and curious, and being able to explore and learn about their world around them.

The mental health of a baby affects their mental health in childhood, adolescence and adulthood. This means a baby's mental health is not just important now, but also for their future.



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Supporting Infant Mental Health

Many things affect the growth and development of a healthy mind in a baby. Individual babies vary a lot in how they are affected by things, and what they gain from their experience. Most important of all is the baby's relationships with their parents or carers. Love and understanding are needed for a baby's mind to grow and develop, just as food and nourishment are needed for a baby's body to grow and develop. This involves getting to know your baby, and your baby getting to know you.



The relationship between baby and parent or carer is a special one, but getting to know each other can bring many challenges. Many things can get in the way of love and understanding in parents, or carers, and in a baby.

Supporting infant mental health means supporting this special relationship, and having a network of support. Sometimes partner, family and friends are enough, but sometimes they are not. Health Visitors or Family Nurses can often help, but sometimes the challenges are more serious, and the support that is needed requires something more.

Can we help?

Infants cannot speak for themselves and cannot ask for help. This means they need parents or carers to speak and ask for help for them. If you have concerns about your infant's emotional development and well-being, or about their relationship with you, please if possible discuss these with your Health Visitor or Family Nurse.



You may feel our service would benefit you if:

- ❖ You have concerns about your baby's emotional development and well-being.
- ❖ You are concerned about your baby's relationship with you and your relationship with your baby.

We meet with parents or carers, their infant, and the Health Visitor/Family Nurse, for an initial appointment to think about 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 baby's emotional needs and relationship with you, and to discover new ways of thinking about these.

We also work with other professionals and agencies to help them to support you and your baby. This helps to plan any support we might offer, so that it fits in with what others are doing. We will all work together to provide support for you and your infant.