

#### Useful Websites / Telephone Numbers

- Bliss - [www.bliss.org.uk](http://www.bliss.org.uk)
- Parentclub - [www.parentclub.scot](http://www.parentclub.scot)
- Tommy's - [www.tommys.org.uk](http://www.tommys.org.uk)
- Homestart - [home-starteasthighland.org.uk](http://home-starteasthighland.org.uk)  
Tel. 01349 854018
- Dad's Rock - [www.dadsrock.org.uk](http://www.dadsrock.org.uk)  
Tel. 07807498709
- Fathers Network [www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)  
Tel. 0131 4608256



## *Emotional Support for Families in the NEONATAL UNIT*

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Author: The Perinatal and Infant Mental Health Team





## Emotional Support for Families in the Neonatal Unit

Having a new baby can be a very emotional time, particularly if your baby has been admitted to the Neonatal Unit (NNU). Most parents don't plan for their baby to be admitted to the NNU, and for some, this can be quite a distressing experience. In some cases, parents might also be struggling with upsetting memories about a difficult birth. Emotional distress wouldn't be unusual in any of these circumstances, and help is available for parents who want to talk about how they're feeling.

NNU staff are very experienced when it comes to supporting families in the unit. There are also a number of other services who work together with NNU staff to make sure everyone gets the help they need, according to their particular circumstances.

## Bliss

Bliss is a national charity which aims to support parents and families of sick or premature babies. There are two 'Bliss Champions' who volunteer on the NNU, and are able to offer informal support. One of the volunteers has experience of having a child in the NNU and understands first-hand what this can be like for parents.



## Paediatric Clinical Health Psychology (PCHP)

This is a service for those whose child has been diagnosed with a chronic or long-term health condition. The team of psychologists work closely with the medical and nursing teams in both the NNU and Highland Children's Unit (HCU).



They support families on their parenting journey, whilst they may be struggling to come to terms with their infant's new diagnosis, adjusting to the impact of medical treatments, or worries about what the future holds.

## Perinatal and Infant Mental Health Team

PNIMHT is another NHS Highland service, which aims to offer assessment and treatment of mums in particular, where there is a specific concern about mental health.



We can work with you whilst your baby is in the Neonatal Unit, as well as when your baby comes home.

## Inverness Perinatal Counselling Hub

There is now a charitable service in Inverness which can offer specialised perinatal counselling from conception until a child's third birthday. Parents can choose to refer themselves by emailing [inverness.counselling@crossreach.org.uk](mailto:inverness.counselling@crossreach.org.uk), or can be referred by a health professional. The Scottish Government has funded this organisation to offer specifically perinatal counselling, so it is a free service for those that use it.

If you would like to talk about obtaining some emotional support at this time, please speak to a member of the NNU staff.

Members of NNU staff meet weekly with PCHP and PNIMHT staff, and can pass on your details if you ask them to.

Alternatively, you can contact:

**The Perinatal and Infant Mental Health Team on [01463 883733](tel:01463883733)**

They would be more than happy to point you in the right direction.

