



How do I get referred to the PNIMHT?

You can be referred by your GP, or any other staff member working with you. We are a small team and do not meet directly with every person who is referred to us, but we would usually offer you an appointment if your mental health difficulty:

- has not responded to treatment from your GP.
- is preventing you from accessing appropriate care before or after you give birth.
- arises from a previous experience of pregnancy, birth trauma or loss.
- is interfering with your ability to bond with or parent your baby.

How would I attend appointments?

We recognise that it may not always be easy to attend appointments in person, although we would aim to offer this where appropriate.

We also make use of phone and video appointments. Where possible, we would give you the choice about how you would like to attend.

What will you do with my information?

Like all NHS services, we are bound by the requirements of the General Data Protection Regulations (GDPR). Any information we record about you will be stored securely, and not shared with other people (unless they need to know in order to provide you appropriate care).

Very occasionally, it is necessary to break confidentiality if there is a risk of serious harm to you or someone else, as we will need to take steps to ensure that people are kept safe. If this situation arises, we would always aim to discuss it with you first.



Perinatal and Infant Mental Health Team

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Issue 1	Date of issue May 2023	Review Date May 2025
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Feedback welcome!





Why is there a Perinatal and Infant Mental Health Team (PNIMHT)?

Pregnancy, and being a new parent, can be exciting but also very challenging. Around one in five people will experience a mental health difficulty in the perinatal period (the period between conception and their child's first birthday).




The experience of mental health difficulties can be different during and following pregnancy, so it is important that there is a service that takes this into account.

If you have a history of mental health difficulties, particularly during previous pregnancies, you may be vulnerable to further mental health difficulties if you get pregnant again.

Forming a good bond with your baby is really important, but some parents find this difficult and could use some extra support.

Staff working with parents before, during and after birth may have very little training in mental health, and might need advice about this from time to time.

The PNIMHT aims to:

-  Promote good mental health before and after you give birth.
-  Support good relationships between you and your baby, and with your wider family.
-  Offer advice and support to other staff who are caring for you before and after you give birth.

Who works in the PNIMHT?

The PNIMHT is made up of:






- clinical psychologists
- specialist perinatal mental health nurses
- a specialist midwife
- a parent-infant therapist

We also have access to an advanced clinical pharmacist.



Image by kjpargeter @ Freepik

What does the PNIMHT offer?

-  Assessment and treatment if you are experiencing a mental health difficulty before or after you give birth.
-  Support for developing a good relationship with your baby, as well as the rest of your family.
-  Advice if you have a history of significant mental health difficulties, and are considering having a baby.
-  Help to access support from other agencies, including voluntary and charitable organisations.
-  Advice sessions for staff who are looking after you, before and after you give birth.

