

Perinatal SIG

-Info for Professionals-

www.impactonteesside.com

Introduction

The Perinatal Special Interest Group (SIG) is a part of IMPACT on Teesside. Impact on Teesside is a pioneering psychological and wellbeing therapies service that launched in April 2020. IMPACT replaces the former NHS Any Qualified Provider commissioned IAPT service and is a partnership between Alliance Psychological Services and Middlesbrough and Stockton Mind.

The scope of the service

Under the banner of the partnership, we deliver the following services:

- Psychological and wellbeing therapies including a full range of evidence-based talking therapies and groups
- Wellbeing and outreach support

Clients can be seen face to face in various locations across Stockton, Middlesbrough, Redcar and Hartlepool. We are also able to offer telephone and digital therapy options.

Perinatal Referral Criteria

Women and care givers including fathers who are experiencing mental health difficulties during the perinatal period up to 24 months post pregnancy. We treat clients that are registered with a GP and living in Teesside.

What services are offered?

We provide a range of evidence-based therapies and can offer time limited talking therapies for clients who are experiencing common mental health issues such as anxiety and depression such as:

- Low Intensity Cognitive Behavioural Therapy (CBT)
- High Intensity CBT
- Interpersonal Therapy (IPT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Counselling for Depression (CfD)
- Counselling
- Couples Counselling for Depression (CCfD)
- Silver Cloud Perinatal Wellbeing program is available to parents and care givers during the perinatal period.
- The Perinatal Group is a structured 6-week course of sessions for individuals who wish to learn ways of coping with their wellbeing throughout the perinatal period.
- One to one therapy



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Outreach Support

The Recovery Service is available for clients who require one to one assertive outreach as their difficulties prevent them from benefiting from IAPT or other statutory provision. Difficulties may include social stressors such as substance misuse, homelessness, finance issues and difficulties engaging with mainstream support.

- The Foundation Pathway is available for clients who require one to one goal focused support. Clients explore different areas in their life and find solutions on what is important to them, to look after their mental health and wellbeing. Clients may look at ways to cope, build confidence and link in with other services or groups.
- The Recovery College offers short courses for clients who would benefit from learning about common mental health difficulties and how they might affect them.

Making a referral

Who can refer? We accept referrals from Clients, GP's Community Midwives (CMW), Health Visiting Teams (HV) and or other health care professionals.

What happens after a client is referred? We will arrange an initial consultation with one of our practitioners to find out how we can best help the client. The team is available Monday to Thursday from 9am - 5pm and Friday 9am - 4:30pm. On completion and where consent is given, the referrer will be notified with the outcome of the assessment.

What happens if the client is not appropriate for IMPACT? If the client is not appropriate for our service, we will refer the client onto a more suitable service for example: Perinatal Mental Health Team (PMHT).

What if the client declines the service or drops out? If the client decides they no longer wish to engage with the service or drops out during therapy we will inform the referrer, GP, CMW and HV.

How to make a referral? A referral can be made by telephone, by completing our referral form attached or via [the online referral form](#).

Team Contact Details

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If you would like to learn more about IMPACT on Teesside and how we can work with you to support patients then please do not hesitate to contact the partnership using the details provided. We look forward to continuing to work with you to provide talking therapies for those in need across Teesside.

