

Confidentiality

The Trust has a duty to keep client information safe and confidential. We can only discuss information specific to your relative or friend with their permission. This may mean that at times our staff are unable to give you specific information. However, we may discuss general terms around your relatives or friends circumstances without giving specifics and we invite you to share anything you feel is important with us.

For more in-depth information, please speak to staff and/or you can request a copy of our 'Carer and Confidentiality Guide'. If your loved one refuses information sharing with you, you can still expect our staff to listen to you and your thoughts. As a carer, your insight into the mental health of your relative or friend is unique and will help our staff provide the best care possible.

Resources for fathers and partners

Dad Pad	www.thedadpad.co.uk
Dad Matters	www.dadmatters.org.uk
Proud 2 Be Parents	www.proud2bparents.co.uk
Family Lives	www.familylives.org.uk
The Institute for Health Visiting	www.ihv.org.uk
DaddiLife	www.daddilife.com

The Specialist Perinatal CMHT provides a service across Greater Manchester, based in three 'clusters':

Cluster 1 (central and south Manchester, Stockport and Trafford)
Laureate House, Wythenshawe Hospital, Southmoor Road, Manchester M23 9LT

Cluster 2 (Bolton, Bury, Salford and Wigan)
Old Management HQ, Prestwich Hospital, Bury New Road, Manchester M25 3BL

Cluster 3 (north Manchester, Oldham, Rochdale, Tameside and Glossop)
Hexagon Tower, Crumpsall Vale, Manchester M9 8GQ

The phone number to call (for any cluster) is 0161 271 0188 (Monday – Friday, 9am-5pm).

Feedback

Customer Care Team

☎ 0800 587 4793 ✉ customer care@gmmh.nhs.uk
(freephone)

Please contact us if you require support with this information, including other languages, audiotape, braille or larger print.

For more information about GMMH

- 🌐 www.gmmh.nhs.uk
- 🐦 @GMMH_NHS
- 📺 /GMMentalHealth





If you are concerned about your partner's or family member's mental health in pregnancy or after birth, the most important thing you can do is to encourage her to talk to her GP, midwife, obstetrician, health visitor or mental health team as soon as possible. If she is already under the care of the perinatal mental health service and you think her mental health is worse, please do let the team know about your concerns.

You can also help by:

- Giving practical support e.g. help with housework, cooking and night time feeds.
- Listen, allow her talk about how she feels and don't judge.
- Tell your partner it's not her fault – mental health problems can happen to anyone.
- Encourage her and tell her what's going well.
- Read about her mental health problem so you understand it.
- Just being there and listening can really help; try not to feel you have to fix the problems

It can sometimes feel stressful and tiring to support someone experiencing mental health problems, especially when also caring for a baby or other children. Make sure you look after yourself too. You may find some of the following helpful:

- Talk to friends, family or other parents.
- Ask family members for practical help.
- Ask for some time off work.
- Rest and sleep when you can.
- Exercise.
- Don't use alcohol to cope with stress.
- Talk to the professionals involved and ask for more help if you need it.

What can you do if you are a new parent feeling low, anxious, or struggling to bond with your baby?

- Open up about your feelings to a trusted friend or family member.
- Exercise – even if this is walking with your baby in a sling or a pram.
- See friends and family regularly so you don't feel alone.
- Join a parents group so you can meet other new parents.
- Spend time with your baby - cuddle, change nappies, bath and play. Having a role in your baby's care may help you feel closer to him or her.
- Try not to use negative coping strategies such as working too many hours, avoiding coming home or drinking too much.

Getting professional help

If you've tried these things and continue to have difficulties or if your symptoms worsen, it's best to seek professional help. See your GP who can refer you for talking therapies and/or prescribe you medication if needed. In some areas, you can also self-refer to the local primary care psychological therapy service. The specialist perinatal CMHT can also help you with accessing this help. If you are also a new parent, you can usually access therapy more quickly during the perinatal period.

Carer's assessments

For many people, caring for a family member or friend does not have a name, it is just something that you do. When talking about 'carers' we are referring to supportive family members and friends. A carer is someone who provides unpaid practical or emotional support to someone with an illness, disability or addiction. Caring can be rewarding but it can also be exhausting. Helping someone you care for can make demands on your time, health and well-being. Getting the right support can make a big difference.

A carer's assessment is a way for our staff to find out about your experience of caring, your needs, and any support that is available to enable you to continue providing care. Our staff are trained to involve you in your family member's or friend's care plan, and recognise the need for you to be supported too.