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| **Parental Mental Health Team** **Early intervention nurse-led service**  |
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| **Service available to** | Parents, ≥ 18 yrs, experiencing mental distress with children aged under 5 yrs, in Southwark.  |
| **Mental health issues experienced** | * Early intervention of parental mental health difficulties
* Ranging from mild to moderate mental health difficulties such as low mood, anxiety and emotional distress.

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| **Who can refer**  | Any professional that comes into contact with parents with young children; some self-referrals taken.  |
| **Referral criteria**  | * Parents, ≥ 18 yrs, experiencing mental distress with children aged under 5.
* Low risk in terms of suicide and/or self-harm
* Primary issue is mental health not substance misuse.
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| **Services provided**  | * Home visiting: all parents are seen in their home.
* Initial assessment of parental mental health difficulties to understand impact on the child/family.
* Individual and group work offered, dependent on need of parents
* Linking families into local children centres and other universal services.
* Co-work with secondary mental health services
* Consultation and advice
* Teaching session available for children centres and other non-statutory services such as Home Start.
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| **Contact details**  | Parental Mental Health TeamChaucer Resource centre, 13 Ann Moss way, SE16 2TH Tel 0203 2289800Service Manager: Lucy Brazener 07971337559Email Parental\_Mental\_Health\_Team\_Southwark@slam.nhs.uk |