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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. |
| **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. |
| **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. |
| **Contact details** | Parental Mental Health Team  Chaucer Resource centre, 13 Ann Moss way,  SE16 2TH  Tel 0203 2289800  Service Manager: Lucy Brazener 07971337559  Email [Parental\_Mental\_Health\_Team\_Southwark@slam.nhs.uk](mailto:Parental_Mental_Health_Team_Southwark@slam.nhs.uk) |