

Promotion of good mental health

### GETTING ADVICE

Those who need advice & sign posting

#### Community Midwifery

1-2-1 support during routine appointments for pregnant and postnatal women. Refer to specialist mental health services for additional support.

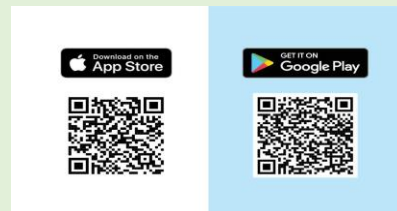
#### Healthy Minds Craven & Bradford

Support and signposting for adults, children and young people in Craven and Bradford.  
[Homepage | Healthy Minds](#)

#### Healthy Child Programme (HCP)

Assessment of women's PNMH at first contact (ante-natal) plus a minimum of two additional core contacts. Single Point of Contact 0300 303 0916

Growing Healthy North Yorkshire App:



#### Early Help

[Children and Families: Early Help Offer | North Yorkshire Council](#)

Universal online offer: Solihull Approach online parenting courses are **FREE** for all North Yorkshire parents, carers, and foster carers. Visit the website: [www.inourplace.co.uk](http://www.inourplace.co.uk) and add the access code **NYFAMILIES**

Amazing Babies: 6-week parenting programme

#### Community based peer support & other support networks

[Welcome to NY Connect | NY Connect](#)  
([northyorkshireconnect.org.uk](http://northyorkshireconnect.org.uk))

[Hearts and Minds](#)  
([heartsandmindspartnership.org](http://heartsandmindspartnership.org))

#### North Yorkshire Libraries

[Help with health and wellbeing from your library | North Yorkshire Council](#)

#### Online resources

[Perinatal and postnatal mental health - Mind](#)

[DadPad | The Essential Guide for New Dads | Support Guide for New Dads](#)

[Every Mum Matters - Home](#)

[Baby Buddy app | Best Beginnings](#)

[Acacia Family Support | Postnatal Depression Support Services | BAME | Black](#)

[Every Mind Matters - NHS \(www.nhs.uk\)](#)

Mild to moderate

### GETTING HELP

Those who need focused goal-based input

#### NHS Talking Therapies (formerly IAPT)

Primary care mental health services that offer assessment and treatment for individuals with common mental health problems.

York & Selby

[Home - York and Selby Talking Therapies](#)



North Yorkshire:

[Home - North Yorkshire Talking Therapies](#)



Craven:

[Home - North Yorkshire IAPT \(bmywellbeingiapt.nns.uk\)](#)

#### GP Primary Care

Advice & guidance for self-directed support, as well as referring for counselling & therapies. Some GP surgeries have MH first contact workers based in GP surgeries. Contact local GP practice for further details.

#### Specialist Midwives

Support pregnant and post natal women with additional mental health needs. Will provide one – to – one support and links into specialist services where needed. Referrals to this service are through a health professional (midwife/GP etc)

#### Online resources

[Maternal Mental Health Alliance | Awareness Education Action](#)

[Home – PANDAS Foundation UK](#)

[Get support - Cruse Bereavement Support](#)

[Pregnancy in Mind | Parental mental health service | NSPCC Learning](#)

Moderate to severe

## GETTING MORE HELP

Those who need more extensive and specialised goals-based help

### North Yorkshire Perinatal Mental Health Teams

A range of health professionals work within the team to support pregnant and post-natal individuals (up to 1 year) with a current mental illness or have previously been unwell and at risk of becoming unwell. Support can be delivered one-to-one/groups dependent on individual need.

Direct Contact: Telephone: 01904 556 724  
[tewv.northyorksperinatal@nhs.net](mailto:tewv.northyorksperinatal@nhs.net)

### SMABS Specialist Mother & Baby Service in Bradford (Craven only)

[Specialist Mother and Baby Mental Health service - Bradford, Airedale, Wharfedale, Craven \(bdct.nhs.uk\)](#)

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Primary care mental health services that offer assessment and treatment for individuals with common mental health problems.

York & Selby:

[Home - York and Selby Talking Therapies](#)



North Yorkshire:

[Home - North Yorkshire Talking Therapies](#)



Craven:

[Home - North Yorkshire IAPT \(bmywellbeingiapt.nhs.uk\)](#)

Severe to Urgent

## GETTING RISK SUPPORT

Those who have not benefited from or are unable to use help, but are of such a risk that they are still in contact with services

### North Yorkshire Crisis Support (excluding Craven)

Available 24/7

Self-referral to TEVV single point of access crisis freephone number.

0800 0516 171

### Bradford (Craven) Crisis Support

Available 24/7

Woman can call the service for themselves, or a call can be made by a friend, carer or relative 0800 952 1181.

[First Response - crisis service - Mental Health Crisis Support - BDCT](#)