



Support for Families to Improve Parent Infant Mental Health (PIMH Support)



Home-Start Rochdale Borough

HOME VISITING SUPPORT

Home-Start offers weekly practical and emotional support that takes place in the family home, where families feel relaxed and at ease to share their concerns or difficulties.

The nature of this support provides an ideal setting for building positive relationships and building parental confidence.

The Parent Infant Mental Health Coordinator and the team of Parent Volunteers who deliver the support, access further training to help parents to appreciate and understand knowledge around Bonding and Attachment, Infant brain development, Birth and the Babies first year. Families living in Rochdale, Heywood, Middleton and Pennines, who are expecting a baby or have a child under 2 years can access Home-Visiting support. Families who are experiencing other factors including but not exclusive to: adolescent parents, first time parents, low birth weight infants, parents with a diagnosis of mental health illness, development concerns and disability can also access this service.



THE PIMH PARTNERSHIP

Home-Start Rochdale Borough works in partnership with HMR Early Attachment Service.

This service brings together professionals from Healthy Young Minds, Maternity, Thinking Ahead and Adult Mental Health, to offer the right level of support for each individual family. The main purpose of the PIMH partnership is to support parents to recognise and embrace the importance of their first relationship with their baby.

The Partnership recognises that pregnancy and having a baby can be overwhelming, raising different emotions that can affect parent mental health and wellbeing.



HOW TO ACCESS SUPPORT

Any agency in the voluntary or statutory sector can refer and we encourage parents to call us themselves to access support. The Coordinator will liaise with referring professionals when working with a family and keep them updated on the progress of support. Families must consent to a referral and be willing to engage with PIMH Home-Start Support.



For further information or to request a referral pack

Please contact Shelly Baker
(Parent Infant Mental Health Coordinator)

Home-Start Rochdale Borough
Arrow Mill, 4th floor, Office OP2, Queensway, Rochdale, OL11 2YW

Tel: 01706 629 651

Mobile: 07895402165

Email: shelly.hsr@gmail.com

