



## REFERRAL GUIDELINES FOR THE PARENT ROOMS

### ***Who can refer to The Parent Rooms***

GPs, midwives, health visitors, family support workers and other relevant health professionals and organisations. Parents may also self-refer.

### ***Who is support available to?***

Parents who are experiencing anxiety, depression or other related mental health issues in relation to their pregnancy or becoming a new parent and beyond. While the majority of parents who come to us postnatally will be within 3 years of giving birth, we don't exclude parents from support based on the age of their child/children.

### ***Are there any exclusions?***

Parents whose symptoms appear to be **mainly** due to relationship breakdown, physical and/or emotional abuse, poor housing, poverty, substance misuse and dependence, have life-long and/or severe mental health diagnoses, or involved in social services for child protection issues. This does not mean that parents being referred to us can't have any of these issues in conjunction with perinatal mental ill-health, but our main focus is supporting those parents whose symptoms are mainly due to perinatal mental health issues.

### ***Can you provide 1:1 support?***

We can provide a limited number of 1:1 sessions with our trained peer supporters. Please get in touch for more information.

### ***What do I need to submit a referral?***

You will need to complete a referral form, sent via secure email or by post. This will include contact details, the reason for referral, other professionals currently involved and consent from the client.

In case of queries, please call 02895 38 04 04 or email [hello@theparentrooms.co.uk](mailto:hello@theparentrooms.co.uk)