

Confidentiality

All the conversations and information disclosed remain confidential unless there is a risk of abuse, neglect and/or self-harm. In these situations, we will report in line with our safeguarding policy.

Complaints

If you are unhappy with any aspect of the service, please contact the Service Manager on:

Tel: 0208 571 7454

Email: dutyadulthoodservices@hfehmind.org.uk

You can also post to us on the address below:

Hammersmith, Fulham, Ealing & Hounslow Mind
309 Lillie Rd, London SW6 7LL



You can follow this QR code to access all our HFEH Mind services



Those who do not meet our eligibility criteria may find some helpful services here.

 Hammersmith, Fulham, Ealing and Hounslow

Registered charity number: 801259


West London
NHS Trust



Mental Health Support for Non-Birthing Parents

Support for Non-birthing Parents

The West London NHS Perinatal Mental Health team have partnered with HFEH Mind to deliver a wellbeing service for non-birthing parents.

We want to support non-birthing parents have the best relationships they can with their families.

Why we are supporting non-birthing parents

- LGBTQIA+ parents may appreciate having someone to talk to, in a 1:1 setting and/or in a group with others
- Non-birthing parents and their families can learn more about their role and how crucial they are in their baby's development
- There are other challenges that families face, such as financial and housing issues, that we can support with, along with other services
- We know that non-birthing parents may be worried about the birthing parent, and we can support you to understand and manage this unfamiliar environment.
- Becoming a new parent, especially when your partner is unwell, can be an extremely stressful period of transition, and we are here to help navigate your journey

Eligibility: Non-birthing parents who are

18 yrs+

Expecting a child or have a child under the age of two years

Residents of and/or registered to a GP in Hammersmith & Fulham, Ealing or Hounslow

Actively co-parenting with the birthing parent who is under the care of the West London NHS Perinatal Mental Health team

The Next Steps

If you think we can offer you any support, even if it's just a chat, we can get in touch with you within 3 working days.

Please ask the mother's perinatal professional to refer you to us or contact our support worker directly via:

Phone: 07355679450 (please leave a message)

Email: helena.stewart@hfehmind.org.uk

The service runs 27 hours a week, and can accommodate both in and out of working hours.

