

Maternity & Neonatal Online Self-Help National Resources

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At the time of publication (September 2024) all links direct you to relevant information and resources. Partnership organisations are responsible for the content and governance of their resources.

We hope the signposting of information and resources in this document useful. If you are aware of any information that requires to be updated, broken links or information that can be added, please contact Perinatal Mental Health Network Scotland by emailing nss.pmhn@nhs.scot

Maternity and Neonatal Resources	Description:	Tags	Website Link
Referral required based on online therapy programmes			
Silvercloud	<p>SilverCloud modules are online programmes using an evidence-based CBT approach. Note below whether they require a referral from a health professional or are available for self-referral</p> <p><i>There are variations across health boards as to how you make referrals or access self-referral. Please refer to local guidance.</i></p> <p>It is recommended that you spend around 40 minutes per week, over 6 to 8 weeks on SilverCloud, at a regular time if possible. This could be done all at once or broken down into 10-15 minutes, 3 or 4 times a week when you have time to yourself.</p>		Online
SilverCloud Health Anxiety (referral)		Self-help Psychological Interventions	Online
SilverCloud Social Anxiety (referral)		Self-help Psychological Interventions	Online
SilverCloud Space for Perinatal Wellbeing (referral)	Helping new and expectant mums cope with feelings of low mood and anxiety and improve wellbeing.	Self-help Psychological Interventions	Online
SilverCloud Space from OCD (referral)		Self-help Psychological Interventions	Online
SilverCloud Space from Panic (referral)		Self-help Psychological Interventions	Online
SilverCloud Space from Phobia (referral)		Self-help Psychological Interventions	Online

Maternity and Neonatal Resources	Description:	Tags	Website Link
Self-referral online therapy programme			
Silvercloud Space for Sleep (self-referral)	Online CBT program to teach you the skills for overcoming your sleep difficulties, allowing you to achieve better quality sleep and wake up feeling refreshed.	Self-help Psychological Intervention Sleep Hygiene	Online
Silvercloud Space from Stress (self-referral)		Self-help Psychological Intervention Stress & Anxiety	Online
Silvercloud Space for Resilience (self-referral)		Self-help Psychological Intervention Positive Mental Health Wellbeing Relaxation Stress & Anxiety	Online
Daylight (self-referral)	CBT based online programme to improve feelings of anxiety and worry	Self-help Psychological Intervention Stress & Anxiety Psychological Intervention Positive Mental Health Wellbeing	Online
Living life to the full	Free online CBT courses covering low mood and stress and all of the most common linked problems this causes. These aim to help people work out why they feel as they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. There are sample sessions to try.	Psychological Intervention Positive Mental Health Wellbeing	Online
Sleepio (self-referral)	CBT based online programme to improve sleep	Self-help Sleep Hygiene	Online

Useful Websites			
Make Birth Better	This website has many useful PDF information sheets for parents and professionals on the topic of birth trauma.	Maternity	Online
		PTSD & Birth Trauma	
Birth Trauma Association	Information and resources – Birth trauma	Maternity	Online
		PTSD & Trauma	
Still Birth and Neonatal Death Charity	Information and resources - Stillbirth & Neonatal death	Maternity	Online
		Loss & Grief	
Tommy's Pregnancy Hub	Midwife-led information hub covers everything you need to know about having a safe and healthy pregnancy, from conception to birth.	Maternity	Online
		Loss & Grief	
Tommy's Baby Loss Support	Information and resources for families who have had a baby loss	Maternity	Online
		Loss & Grief	
Pandas Foundation	Information and resources – support for parents or people affected by perinatal mental illness	Maternity	Online
		Perinatal Mental Illness	
Maternal OCD	Information and resources – maternal OCD	Maternity	Online
		OCD	
		Psychological Intervention	
Miscarriage Association	Information and resources - miscarriage Lots of helpful leaflets around topics relating to miscarriage. Leaflets available in other languages and accessible formats.	Maternity	Online
		Loss & Grief	
Directory of 3rd sector perinatal and infant mental health services	Information and resources - Quickly search, sort and filter charities and organisations who offer Perinatal and Infant Mental Health support in Scotland.	Maternity	Online
		Non Statutory Directory	
Twins Trust	Information and resources - Support for multiple births	Maternity	Online
		Multiple Births	

National bereavement care pathway for pregnancy and baby loss	Information and resources - The National Bereavement Care Pathway (NBCP) Scotland Project is funded by Scottish Government and delivered in partnership with Sands – the stillbirth and neonatal death charity	Maternity	Online
		Loss & Grief	
		Care Pathway	
Fear of Childbirth – Tokophobia Toolkit	PAN London Perinatal Mental Health Network - This toolkit offers best practice guidance about identifying and treating tokophobia. It draws on the current evidence and recommendations of a group of experts in the field.	Maternity	Online
		Tokophobia	
		Statutory Resources	
Universal Health Visiting Pathway in Scotland	The Pathway sets out the minimum core home visiting programme to be offered to all families by Health Visitors.	Health Visiting	Online
Scottish Perinatal Network	Strategic perinatal network - The National Maternity Network and National Neonatal Network are managed together as the Scottish Perinatal Network. Together, the Networks encourage collaboration across maternity and neonatal services and support the best possible outcomes for mothers, babies and families.	Maternity	Online
		Neonatal	
NHS Inform - Ectopic Pregnancy	Information and resources – Ectopic Pregnancy	Loss & Grief	Online
NHS Inform - Miscarriage, Stillbirth and Loss	Information and resources - Miscarriage, Stillbirth and Loss	Loss & Grief	Online
NHS Inform - Mental Health and Wellbeing in Pregnancy	Information and resources – Mental Health and Wellbeing in Pregnancy	Maternity	Online
		Wellbeing	
NHS Inform - Your Mental Health and Wellbeing After the Birth	Information and resources – Your Mental Health and Wellbeing After Birth		Online

Public Health Scotland - Pregnancy	Pregnancy and newborn screening	Physical Wellbeing	Online
		Maternity	
AIM (Association for Improvements in the Maternity Services)	<p>AIMS (Association for Improvements in the Maternity Services) has been providing information and support to women and their families since 1960.</p> <p>Our Pregnancy, Birth and Infant Feeding pages are intended to provide useful information on a variety of topics that we are frequently asked about on our helpline. This includes lots of practical birth information.</p>	Maternity	Online
Royal College of Obstetrics & Gynaecology (RCOG)	Information and resources – large collection of patient leaflets	Women's health	Online
Parent Club Scotland	Aimed at families going through, pregnancy, toddler tantrums, to starting school and all the way up to those tricky teenage years. Includes tips and advice for all the challenges that family life throws up, from experts and parents and carers who have been there before.	Parenting	Online
Dads Rock National Online Group	Aims to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and families. Includes Dads groups, parents workshops and support for young dads.	Parenting - Dads	Online
Fathers Network Scotland	Parenting support for Dads	Parenting - Dads	Online
The Spark - Relationship Counselling	Scottish Relationship Counselling organisation – includes counselling for individuals, couples, families	Relationship / Counselling	Online
Best Beginnings	Parenting app	Parenting	Online

Tiny Happy People	Advice on a whole range of parenting topics	Parenting	Online
BUMPS – Best use of medicine in pregnancy	Medication advice during pregnancy	Medication in Pregnancy	Online
The Survivors Trust	The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK	Sexual abuse	Online
Perinatal Mental Health Partnership	The Perinatal Mental Health Partnership (PMHP) was formed by individuals with lived experience of maternal mental illness they launched the first ever UK Maternal Mental Health Matters Awareness Week.	Perinatal mental health	Online

Self-help resources			
CCI Online CBT Workbooks Support	The Centre for Clinical Interventions (CCI) is a specialist Clinical Psychology service in Australia who develop evidence-based online resources to support practitioners delivering psychological interventions, as well as individuals seeking self-help materials to improve their mental health. They have an array of self-help resources / workbooks on common mental health problems.	Psychological Interventions	Online
Mindful Exercises – Connecting with your baby	Free meditation scripts for connecting with baby	Mindfulness	Online
Netmums – Support the compassionate mind approach	Information for Mums about applying the compassionate mind approach	Compassionate Mind	Online