

## Interested in finding out more?

You can phone us directly for more information, or speak with your GP, health visitor or midwife.

One of our team will speak with you about your situation and the difficulties you are facing.

A range of support will be considered after this first discussion. This may include:

- Further meetings with one of our parent infant therapists; or
- Support from other partner agencies and organisations we work with

It may be that following this first discussion, you do not require further support from our service at this time.



## Together with Baby

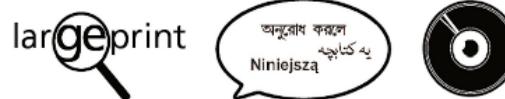
Parent Infant Mental Health Services (PIMHS)  
Cherry Trees  
St Peter's Hospital  
Spital Road  
Maldon  
Essex  
CM9 6EG

epunft.pimhs.eput@nhs.net  
**01621 866900**

### Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on **0800 085 7935** or you can email [epunft.pals@nhs.net](mailto:epunft.pals@nhs.net)

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

© Essex Partnership University NHS Foundation Trust. Reproduced with permission.

# TOGETHER WITH BABY



## PATIENT INFANT MENTAL HEALTH SERVICE

# EPUT

## Who are we?

Together with Baby is a service designed to bring parents and their babies together. We focus on the very special relationship between parents and infants that develops in the first 1001 days of life, from conception to age two.

Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, and for a variety of reasons.

- Are you finding things with your young baby more difficult than you expected?
- Are you concerned you have not formed a bond with your baby in the way you had hoped?
- Has becoming a new parent stirred up some unexpected difficult feelings?



## Why is this so hard?

You are doing the best you can with the knowledge and experience you have.

Often our knowledge of being a parent is influenced by our own experience of childhood. Sometimes we want to repeat good experiences of childhood for our own children. But sometimes we want to provide our baby with different and better experiences.



Parents and babies start family life in a range of circumstances; and if you are facing additional difficulties such as physical or emotional ill health, financial stress, housing difficulties, isolation or relationship breakdowns, being a parent can be even harder.

## How can we help?

Our Parent Infant Therapists can meet with in your home or at a local children's centre, Essex wide.

We'll work with you to better understand your baby's communications and strengthen your relationship.



These meetings will offer a safe and non-judgemental space to understand further the difficulties you and your baby are facing.

