

Our Pathway to Support Perinatal Mental Health and Parent-Infant Relationships

Updated as of 11 November 2025



Perinatal Mental Health and Parent-Infant Relationships Pathway

Seamless access to support is crucially important for babies and their families.

Any parent or carer that is expecting a baby or has a baby under the age of 2 will tell you that there is a lot to juggle. They are also likely to tell you that it can be hard to know what support is available to them and how they can be accessed. The Early Years Healthy Development Review identified that families need seamless access to support¹.

In Tower Hamlets, we are fortunate to have a rich tapestry of support services available to babies and their families, including voluntary sector, NHS and council teams.

To ensure that families can make the most of this offer, parents, carers, and professionals must be clear on what is available.

This document sets out our perinatal mental health (PMH) and parent-infant relationship (PIR) pathway.

This pathway sets out our local offer of support for babies and families. There are three guiding principles for this to be a success:

- 1. Family-centred** – we can help more families by listening and keeping them at the heart of everything we do.
- 2. Accessible** – we can support families to navigate this pathway, and it is our responsibility to make services accessible.
- 3. Collaborative** – we are stronger together and supporting babies is everyone's business.

Our pathway sets out different levels and types of support that families may benefit from. Families may benefit from support services across different levels at the same time. This pathway should not be thought about as linear: babies and their families may not move neatly from one category to the next. Elements of overlap help us to ensure that families do not slip through the net.

“There are lots of charity organisations available, but people need to know about them.”

Mum, Tower Hamlets

¹ The Early Years Health Development Review (2021) The Best Start for Life.

Our pathway sets out support for families across different levels of need

We know that all parents, carers and families have different needs, which may change over time. Our pathway is designed to have something for everyone. We have based the pathway on guidance from the Parent-Infant Foundation.² This guidance sets out the different levels of need, closely aligned to the THRIVE Framework.³

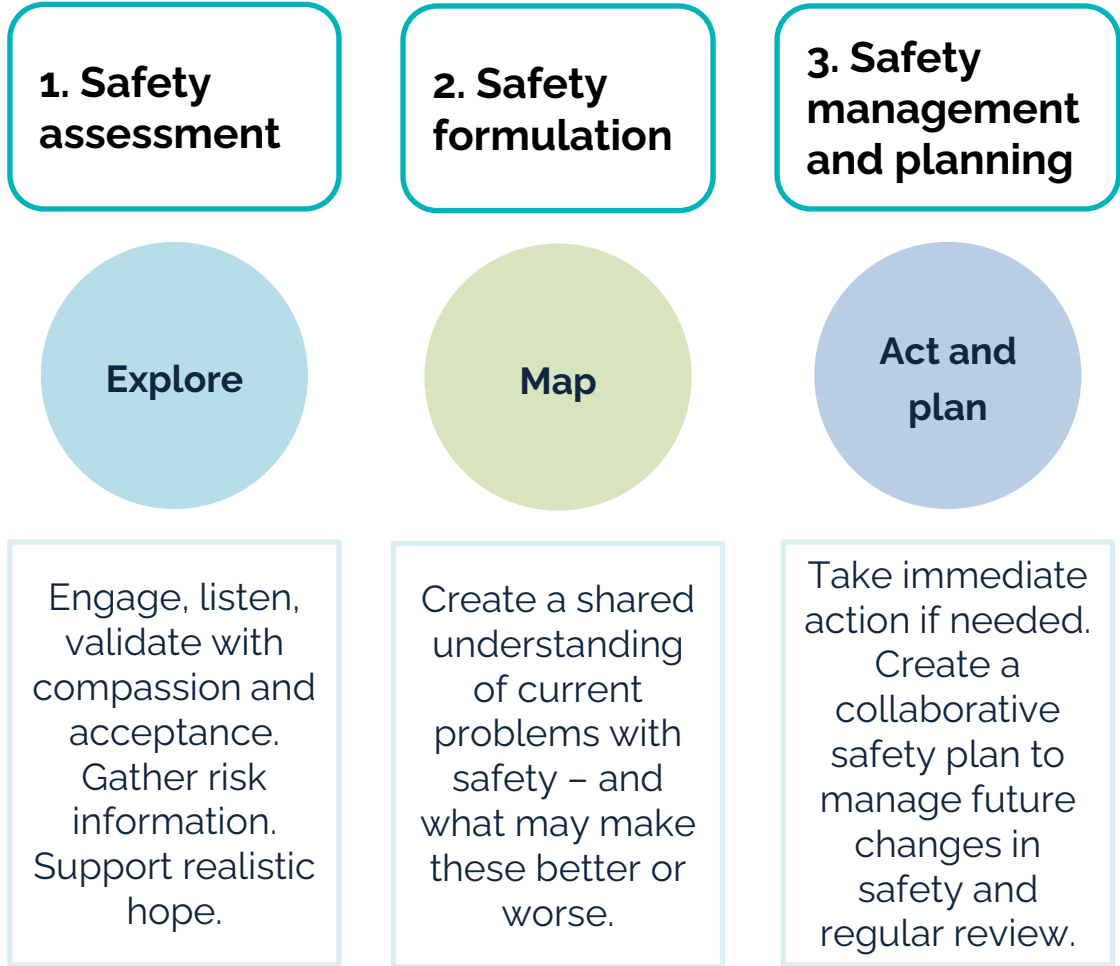
Level of need	Link to THRIVE Framework	Description
Promotion	Thriving	Offers here are aimed at promoting 'good enough' parent-infant relationships and/or parental wellbeing. They can be described as 'Universal' or 'Open Access' because they are available to everyone, regardless of PMH or PIR level of need.
Prevention	Getting advice	Families where there may be additional risk factors (such as challenging life experiences) but not yet known PMH or PIR needs – these interventions are more 'targeted' offers.
Emerging and evident	Getting help	Support here is aimed at an identified 'mild to moderate' perinatal mental health or parent-infant relationship need. Guidance for scores for standard outcome measures indicating 'mild to moderate' levels of need: GAD-7 = 5-14 PHQ-9 = 5-14 CORE-10 = 20-40 EPDS = 10-12
Complex and persistent	Getting more help	Parents and carers in this group are likely to have difficulties that have been longstanding or that have not been resolved by earlier help and support. This is sometimes referred to as 'moderate-to-severe' levels of need for support, and includes including people with existing severe mental illness like bipolar disorder or schizophrenia. Guidance for scores for standard outcome measures indicating 'moderate to severe' levels of need: GAD-7 = 15-21 PHQ-9 = 15-27 CORE-10 = 20-40 EPDS = 13+
Acute risks and safeguarding	Getting risk support	Support here is aimed for when there is a complex and/or severe mental health or parent-infant relationship concern or issue requiring urgent attention (such as active psychosis and/or risk of harm to self or others).

Experiences during the perinatal period which may lead to trauma

Trauma is when an event or series of events leads to a negative experience with long-term effects on mental and physical wellbeing. Examples could include, but are not limited to:

- Pregnancy or baby loss
- Traumatic pregnancy and/or birth
- Domestic abuse

Steps if someone expresses suicidal thoughts or self-harm



2 Parent Infant Foundation (2025) <https://parentinfantfoundation.org.uk/wp-content/uploads/2024/10/PAIR-Pathway-Template-Final.pdf>
3 Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., ...Munk, S. (2019). THRIVE Framework for system change. London: CAMHS Press.
4 NHS England (2025). Staying safe from suicide. <https://www.england.nhs.uk/publication/staying-safe-from-suicide/>

Using standard questions and conversations to identify support needs

To support babies, parents, and carers effectively, we need to understand what each family needs and how those needs might change over time.



Standardised questionnaires can be practical tools that help us with:

- Starting a conversation about mental health and wellbeing
- Supporting early identification of need
- Enabling clearer referrals or signposting
- Tracking individual progress
- Learning from the bigger picture by enabling us to combine the data

Scoring

Outcome measures should be scored using validated clinical guidelines to ensure consistency and accuracy. Pages 16–20 explain how to use each tool to assess wellbeing and identify appropriate support, alongside professional judgement and individual context.

Interpretation

Outcome measures must be used sensitively alongside listening to the full story of the parent, carer, and baby, explaining how tools inform care, and applying them collaboratively with professional insight.

Some of the more commonly used measurement tools within services across our pathway are below.

Use case	Tools in more detail
Screening tools for perinatal mental health needs recommended by NICE guidance	<ul style="list-style-type: none">• WHOOLEY Questions⁵: Two 'yes or no' questions which are used to screen for depression or low mood.• GAD-2⁶: Two multiple choice questions which are used to screen for anxiety.
Screening tool for parent-infant relationship needs recommended by DHSC	<ul style="list-style-type: none">• Leeds Early Attachment Observation (EAO) Tool⁷: Three open-ended questions about the emerging relationship between a caregiver and baby, followed by a 2-minute observation.
More specific measurement tools which can point to a current level of need These tools can all be completed by a patient, service user or resident (but scored and interpreted by/with a professional).	<ul style="list-style-type: none">• PHQ-9⁸: A 9-item self-report tool based on criteria for depression. Useful for assessing severity and guiding next steps in care.• GAD-7⁹: A 7-item anxiety measure that helps track symptoms like restlessness, worry, and fear. Supports ongoing monitoring and care planning.• Clinical Outcomes in Routine Evaluation (CORE-10)¹⁰: A 10-item tool for session-by-session monitoring of psychological distress. Covers anxiety, depression, trauma, physical symptoms, functioning, and risk.• Edinburgh Postnatal Depression Scale (EPDS)⁶: A 10-item questionnaire used during pregnancy and postpartum to identify symptoms of perinatal depression.• Mothers Object Relations Scale (MORS-SF)¹⁰: A 14-item tool assessing a parent's perception of their relationship with their infant—focusing on warmth and invasiveness. Helps identify relational risk and guide support.

5. WHOOLEY Questions to Screen for Perinatal Mental Health Difficulties. Accessible via: <https://whooleyquestions.ucsf.edu/>.

6. Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. (2007). Ann Intern Med. ;146:317-25. <https://www.hiv.uw.edu/page/mental-health-screening/gad-2>

7. Department of Health and Social Care. Reflecting on parent-infant relationships: a practitioner's guide to starting conversations (2024). <https://www.gov.uk/government/publications/parent-infant-relationships-starting-conversations-practitioner-guide/reflecting-on-parent-infant-relationships-a-practitioners-guide-to-starting-conversations>

8. Kroenke, K., & Spitzer, R. L. (2002). The PHQ-9: A new depression diagnostic and severity measure. *Psychiatric Annals*, 32(9), 509–515. <https://doi.org/10.3928/0048-5713-20020901-06>

9. Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22;166(10):1092-7. doi: 10.1001/archinte.166.10.1092. PMID: 16717171.



10. Ages and Stages Assessment Tool of Social and Emotional Development. Accessible via: [Home - Ages and Stages](#)

11. Barkham, M., Bewick, B., Mullin, T., Gilbody, S., Connell, J., Cahill, J., Mellor-Clark, J., Richards, D., Unsworth, G. & Evans, C. (2012). The CORE-10: A short measure of psychological distress for routine use in the psychological therapies. Counselling and Psychotherapy Research, 1–11. <http://doi.org/10.1080/14733145.2012.729069>.

12. Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). *Edinburgh Postnatal Depression Scale (EPDS)* [Database record]. APA PsycTests. <https://doi.org/10.1037/t01756-000>

13. Oates, J., Gervai, J., Ildiko, L., Lakatos, K., & Davies, J (2018). Validation of the Mothers' Object Relations Scales Short-form (MORS-SF). Journal of Prenatal and Perinatal Psychology and Health, 33(1) pp. 38–50. <https://www.morscales.org/>

Pathway map for perinatal mental health and parent-infant relationships

The map is organised by the different levels of support that people might benefit from.  
Click on a level/category below to see more about services available and how to access, refer or signpost.

Promotion Pages 8-9

Family Hubs and Children's Centres
Pregnancy to age 25 with SEND

Health Visiting
Pregnancy to age 2.5 years

Baby Feeding and Wellbeing Service
Pregnancy and beyond

Families Matter and Dad's Network
Pregnancy to age 25 with SEND


Tower Hamlets Libraries
Up to age 5

Fern Street Family Centre
Birth to age 18

Tower Tots
Up to age 3

Toyhouse
Pregnancy to age 5

Wrap a Hug
Pregnancy to age 5

 This symbol means that the service provides a form of 'trauma-specific' support (e.g., for pregnancy loss, birth trauma, domestic abuse)

Prevention Pages 10-11

Babies Matter (St Luke's Millwall)
Pregnancy to age 2

Family Hubs and Children's Centres
Pregnancy to age 25 with SEND

Family Nurse Partnership
Pregnancy to age 2

Health Visiting – Screening, Advice and Support; Specialist Outreach
Pregnancy (28 weeks to age 5)

Sister Circle
From preconception

Social Action for Health
Pregnancy to age 5

Toyhouse
Pregnancy to age 5

Women's Inclusive Team
Pregnancy and beyond


 **Tower Hamlets Talking Therapies**
Adults age 18+

Health Visiting - Perinatal Mental Health Specialist
Pregnancy to age 2

 **Sister Circle**
From preconception

Early Help (Multi-Agency Support Team LBTH)
Pregnancy to age 25 with SEND


Toyhouse
Pregnancy to age 5

 **Birth Reflections Clinic** (Maternity Services)
Birth to age 12 months

Family Lives
Birth to age 3

Emerging and Evident Pages 12-13

Complex and Persistent Page 14

 **Specialist Perinatal Mental Health Team** (East London NHS Foundation Trust)
Pregnancy to age 2

 **OCEAN Maternal Mental Health Service**
From pregnancy

Gateway Team (Maternity Services)
Pregnancy to 28 days from birth

Multi-Agency Support Team (LBTH)
Pregnancy to age 25 with SEND

Toyhouse
Pregnancy to age 5

Mother and Baby Unit
Pregnancy (32 weeks) to age 2

Local mental health crisis telephone line (111 option 2)
All ages

Multi-Agency Support Team (LBTH)
Pregnancy to age 25 with SEND

Acute risks and Safeguarding Page 15



National and regional organisations that provide information and support



Best Start in Life: National government website with information about pregnancy, babies, toddlers and childcare.

www.beststartinlife.gov.uk



Tommy's: Information about pregnancy and birth and support for baby loss.

<https://www.tommys.org/baby-loss-support>



PANDAS: Online and telephone-based information and support for people experiencing perinatal mental illness, including a Dads group.

<https://pandasfoundation.org.uk/>



Aching Arms: Support for pregnancy and baby loss, including for dads and partners.

Tel: 07464 508994 | Email: support@achingarms.co.uk



Action on Post-partum Psychosis: Support for parents including peer support, information, and support for partners.

www.App-network.org



Make Birth Better: Information and support about birth trauma, including a guide for partners.

<https://www.makebirthbetter.org/birth-trauma-support-for-parents>



The Motherhood Group: Online group therapy for Black mothers in the UK.

www.themotherhoodgroup.org/group-therapy/



Samaritans: A listening service for people of all ages.

Tel: 116 123 | <https://www.samaritans.org/how-we-can-help/contact-samaritan/>



James' Place: A service for men age 18+ in London providing support with suicidal crisis.

Tel: 020 3488 8404 | Email: london@jamesplace.org.uk



Togetherness: Free online courses for parents/carers to build emotional health and learn about child development.

<https://togetherness.co.uk/learn/> - available in different languages



Mind: A national organisation that offers information about different mental health challenges, including perinatal.

<https://www.mind.org.uk/>

Our Services



Promotion

Offers here are aimed at promoting 'good enough' parent-infant relationships and/or parental wellbeing. They can be described as 'Universal' or 'Open Access' because they are available to everyone, *regardless of PMH or PIR level of need*.

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Family Hubs and Children's Centres	familyhubs@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/childrenandfamilycentres See weblink for telephone numbers for each centre	There are 4 Family Hubs and 8 Children and Family Centres across Tower Hamlets, grouped into localities across the borough (North West, North East, South West, South East). Each hub or centre has a timetable of free group activities available for families to join each week, such as play sessions and parenting workshops from Monday to Saturday.	Any family residing in Tower Hamlets locality requiring support, whether pregnant, have babies and children teens aged 0-19 years, or with SEND needs age 0-25 years.	Pregnancy to age 25 (with SEND) Activities in the centres focus on 0-5
Health Visiting (Delivered by GP Care Group)	020 4551 1414 thgpcg.childhealth@nhs.net https://www.gpcaregroup.org/your-health-services/health-visiting-0-5-years/tower-hamlets-health-visiting/	Six universal health and developmental appointments offered to all families as part of the Healthy Child Programme: <ul style="list-style-type: none">• Antenatal contact• New birth contact (~14 days)• 6–8-week check• 3–4-month check• 8–12-month check• 2-2.5-year check More details: https://www.gpcaregroup.org/your-health-services/health-visiting-0-5-years/ . Parents' wellbeing and parent-infant bonding can be discussed at these appointments so that parents and carers can get advice or support as needed.	Universal contact to all parents from 28 weeks gestation to age 5	Pregnancy (28 weeks) to age 5 years
Baby Feeding and Wellbeing Service	07961 609626 (9am-4pm Monday to Friday) babyfeeding@towerhamlets.gov.uk https://feedyourwayth.co.uk/services/baby-feeding-and-wellbeing-service/	The BFWS aims to call every family after the birth of their baby. The team offers a range of services and support: <ul style="list-style-type: none">• Antenatal workshops (online and in-person)• Hospital support• One-to-one support• Drop-in support groups Support is available in English, Bengali/Sylheti, and Somali.	Universal contact to all new mothers	From pregnancy
Parental Engagement Team	020 7364 6398 parentalengagement@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/lgnl/education_and_learning/parental_support/parental_support.aspx	Families Matter – a magazine sharing news and information to support local families throughout the year https://www.towerhamlets.gov.uk/familiesmatter Dad's Network – a network that supports dads and male carers https://www.towerhamlets.gov.uk/lgnl/education_and_learning/parental_support/dads_network.aspx Parenting Programmes – a range of free parenting programmes are offered.	Families Matter – Universal Dad's Network – Fathers and male carers	Birth to age 25 (with SEND)
Tower Hamlets Idea Store and Libraries	ideastore@towerhamlets.gov.uk https://www.ideastore.co.uk/our-services/children-and-families	Tower Hamlets has 7 Idea Stores and Libraries located across the borough with free services like borrowing books, internet and computers, and activities for families. Story Time: Rhymes, stories and fun for parents/carers and babies and children up to 5 years old, plus time to choose your favourite books! 10:30-11:00 a.m. Monday to Saturdays at all Idea Stores and Libraries (not on Fridays at Bethnal Green Library)	Universal	All ages Age 0-5 for Story Time

Promotion

Offers here are aimed at promoting 'good enough' parent-infant relationships and/or parental wellbeing. They can be described as 'Universal' or 'Open Access' because they are available to everyone, *regardless of PMH or PIR level of need*.

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Fern Street Family Centre	0207 987 1949 fernstreet@allhallowsbow.org.uk https://www.fernstreet.org.uk/ Fern Street, E3 3PS	Sessions for carer-baby bonding, advice and peer support are offered to parents and babies: <ul style="list-style-type: none">• Group activities such as stay-and-play, singing and rhyme, Baby Massage• Parent focused activities such as coffee mornings, wellbeing groups, Triple P, ESOL, and Parent Talk workshops• Book library• Family Support• After school clubs / creative activities / Holiday activities / trips/ early learning activities for babies 0-2 years• Food pantry	Any family referrals for children under age 11, and teens up to age 18 years and their parents.	Birth to age 11
Tower Tots	hello@towerhamlets.church https://towerhamlets.church/towertots	Free stay and play for babies and toddlers under age 3 years old, with locations in Bethnal Green, Bow, Canary Wharf, Limehouse, Isle of Dogs, Poplar, Shadwell, and Spitalfields. Stay and play offers an open space with active toys, soft play and music time for children and a safe place for parents and carers to share the highs and lows of parenthood.	Any parents and carers with babies and children are welcome to drop in.	Birth to age 3
Toyhouse	020 7987 7399 info@toyhouse.org.uk www.toyhouse.org.uk 92 St Paul's Way, London E3 4AL	Toyhouse offer a range of universal programmes to support babies, parents and carers: <ul style="list-style-type: none">• Baby sensory and rhyme time – for pre-mobile babies, with resources, toys and songs in a sensory environment• Baby massage course – 4 sessions for babies under 8 months old facilitated by a trained facilitator• Story songs and rhymes – drop-in, universal interactive sessions suitable for babies aged 1 month to 24 months• Stay and play with toy library – parents and children under 5 can play in a relaxed session with option to borrow toys• Cook, community and culture course – 4 session course for 2 hours per week, bringing different generations together to share food and stories from different cultures.	Any parent who is pregnant or supporting a baby or young child (flexible).	Pregnancy to age 5
Wrap a Hug	Wrap a Hug Sling Library Brierly Gardens, Globe Town, London E2 0TF 07916349685 (text only) mel.wrapahug@gmail.com https://wrapahug.com/the-tower-hamlets-family-meet-up/	Support for parents and carers with babywearing and parenting (whether expecting, have a new baby, multiples, toddlers, preschoolers or need to find a friendly ear) – friendly and inclusive and welcome ALL families. Tower Hamlets Family Meet-up: A new and expectant parents monthly meet-up with support from various perinatal experts including babywearing as well as Mother and Baby Sharing Circle (also monthly). We have a lot of online resources including blogs, video tutorials and information to guide you. Professional babywearing support: Learn how to use slings safely and comfortably, find a suitable sling and try different types, learn how to feed in slings, do different types of carries, tandem carry and troubleshoot your own slings. <ul style="list-style-type: none">• Affordable hires of slings• Sessions for learning about slings in Tower Hamlets and Hackney.	Any family located in Tower Hamlets who are pregnant or have a baby or child under age 5 years.	Pregnancy to age 5

Prevention

Families where there may be additional risk factors (such as challenging life experiences) but not yet known PMH or PIR needs – these interventions are more 'targeted' offers.

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Early Help (part of the LBTH Multi-Agency Support Team or MAST)	020 7364 5006 - Early Help Extensions: 3342 / 7828 / 6469 / 3181 EarlyHelp@towerhamlets.gov.uk MAST@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/earlyhelphub	With consent, an Early Help practitioner can do an assessment with the family to help determine how they can be best supported. The Early Help team works with families and young people who need extra support with challenges like: <ul style="list-style-type: none">Family breakdownHousing issuesEmotional well-being and mental healthParenting supportConcerns about children's behaviourDrug or alcohol addictionFinancial difficulties	Professionals require consent from the family to refer	Pregnancy to age 25 with SEND
Family Nurse Partnership (Delivered by GP Care Group)	0208 2238601 thgpcg.FNP1@nhs.net https://www.gpcaregroup.org/your-health-services/family-nurse-partnership-for-young-parents/	Specialist 1-to-1 Support from a trained Family Nurse during pregnancy and early parenthood. Flexible Visits at home or community venues, tailored to individual needs and preferences. Focus Areas include: <ul style="list-style-type: none">Healthy pregnancy and birth planningEmotional wellbeing and mental healthChild development and positive relationshipsLifestyle support for a strong start in lifeGoal-setting (e.g. education, employment)Inclusive Support for fathers and partners - encouraged to join visits when involved.Monthly Stay & Play Group for young parents at the Children's Centre. Programme Completion: Graduation at 2 years or earlier if intensive support is no longer needed; transition to health visiting service.	Universal for expectant first-time mothers aged 21 years and under. Under 28 weeks pregnant. Up to 24 years for care experienced mothers and/or mothers with additional vulnerabilities by referral.	Pregnancy to age 2
Health Visiting - Advice and Support; Specialist Outreach (Delivered by GP Care Group)	020 4551 1414 thgpcg.childhealth@nhs.net https://www.gpcaregroup.org/your-health-services/health-visiting-0-5-years/tower-hamlets-health-visiting/	<ul style="list-style-type: none">Listening visits: additional contacts with mothers, using active listening and reflection skillsMaternal Early Childhood Sustained Home Visiting (MECSH): for mothers with additional vulnerabilities or concerns, a higher number of home visits (25+) offered, up to when the child turns 2 yearsSpecialist outreach: for residents who are asylum seeking or who are new migrants	Universal contact to all parents from 28 weeks gestation to age 5 MESCH: referrals accepted from 28 weeks to 8 weeks post birth (or post discharge if longer stay in hospital)	Pregnancy to age 5 MESCH: from 28 weeks to age 2
Sister Circle	020 7377 8725 hello@sistercircle.org.uk https://sistercircle.org.uk/	Culturally sensitive and trauma-informed support for women in challenging circumstances: <ul style="list-style-type: none">Maternity Mates: One-to-one support through pregnancy, labour and after birth from trained female volunteers.Preparation for Parenthood: 6-week course for parents-to-beHer Health: support for women with experience of Female Genital CuttingWomen's Conversation Café	Self-referrals accepted Maternity Mates: women who are refugees, asylum seekers, new migrants, homeless, experience of gender-based violence, and/or who do not speak English as a first language	Pregnancy and beyond Maternity mates: From 5 months pregnant to 12 weeks

Prevention

Families where there may be additional risk factors (such as challenging life experiences) but not yet known PMH or PIR needs – these interventions are more 'targeted' offers.

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Social Action for Health	07944966141 sure.steps@safh.org.uk https://www.safh.org.uk/suresteps	Sure STEPS <ul style="list-style-type: none">One-to-one support with a trained peer supporterWellbeing Group on Fridays 11am–1pm at Collingwood Community Centre, Barnsley St, E1 5RBFinancial Wellbeing Workshops Wellbeing for Men on Wednesdays 10:30am-12:30pm at the Brady Arts Centre 192-196 Hanbury St E1	Self-referrals accepted. Tower Hamlets residents who are going through tough times or financial difficulties	Pregnancy to age 5
St Luke's Millwall	020 7538 9862 Fuzz@stlukesmilwall.org www.stlukesmillwall.org St Luke's Millwall Church, Alpha Grove, London, E14 8LH	Babies Matter This 6-week programme is for expectant and new parents (babies up to 1 year old). Topics include bonding and attachment, parental well-being, baby's amazing brain. We sit on comfy sofas and enjoy refreshments together while we discuss the topic, and the babies sleep, feed and play. It's a great way to meet other new parents and learn from each other's experiences. Additional group activities Families remain connected within our community through other groups for families with babies or toddlers such as music, play, ESOL, coffee mornings, bible study, young parents groups, Kids Matter parenting group (1-10 year olds) and our Sunday services or bible study.	Self referrals accepted. Families with challenges like financial difficulties, social care involvement, mental health problems, domestic violence, young parents	Pregnancy to age 2
Toyhouse	020 7987 7399 info@toyhouse.org.uk www.toyhouse.org.uk 92 St Paul's Way, London E3 4AL	Mellow Bumps: <ul style="list-style-type: none">Course: 6 sessions small group for expectant mumsMellow Bumps Plus: small group after having had baby Mellow Parenting: <ul style="list-style-type: none">14 week course with group work and individual reflection, with some sessions involving parent-child interaction – promoting emotional regulation, responsive caregiving, parent-infant bonding and attachment, parental mental health and self-esteem, social connection and peer support SureSTEPS <ul style="list-style-type: none">1-to-1 Peer support during pregnancy and early years for mums with mental health problems and other vulnerabilitiesTraining and volunteering to be a peer supporter Special Early Family Support (SEFS) <ul style="list-style-type: none">To support predominantly the parent – but also the baby where there is an identified special need from 20-week scan onwards in pregnancy through to the child's second birthday and those where there is not yet a clear diagnosis, or babies diagnosed with a profound disability. We offer social and emotional development and bonding with parents and baby.	Self-referrals accepted. SureSTEPS: primarily for residents of North East locality of Tower Hamlets	Pregnancy to age 5 Mellow Bumps: 20-30 weeks pregnant Mellow Parenting: up to age 2 Special Early Family Support: from 20 week scan
Women's Inclusive Team	020 7790 2650 contact@wit.org.uk https://wit.org.uk/about-wit/ Mayfield House 202 Cambridge Heath Road London, E2 9LJ	WIT supports the Black and ethnic minority communities, in particular Somali women and their families in Tower Hamlets. A first point of contact and referral for mainstream organisations for women who are Somali – Monday to Thursday 10:am-2pm. Their work includes women and girls' empowerment, volunteering opportunities, and a community kitchen and food bank. <ul style="list-style-type: none">Chicksand Preschool: Free childcare provision for 2-5 years old. OFSTED registration, rated 'GOOD' chicksandmanager@wit.org.uk 0207 375 0488. Opening hours: Monday-Wednesday 9 am – 3pm.Community Connectors: Providing person-centred mental health support in the community, working with NHS services and East London Foundation Trust (ELFT) services.	Self-referrals accepted.	Pregnancy and beyond

Emerging and Evident

Support here is aimed at an identified 'mild to moderate' perinatal mental health or parent-infant relationship need.
Guidance for scores for standard outcome measures indicating 'mild to moderate' levels of need: **GAD-7** = 5-14 | **PHQ-9** = 5-14 | **CORE-10** = 20-40

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Tower Hamlets Talking Therapies (Delivered by East London NHS Foundation Trust)	020 8175 1770 elft.thtalkingtherapies@nhs.net https://www.elft.nhs.uk/tower-hamlets-talking-therapies 71 Johnson Street, Tower Hamlets, London, E1 0AQ	Perinatal patients are prioritised for assessment and treatment in this primary care service offering a range of talking therapies for adults: <ul style="list-style-type: none">One-to-one therapyGroupsOnline CBT digital platformWebinars Raising Happy Babies is a specific group for first time mums with a baby under 6 months: <ul style="list-style-type: none">Learn about baby's emotional bondingLooking after self as a new motherAdjusting to the transition to life with baby	<ul style="list-style-type: none">Adults aged 18+ (any gender) who are Tower Hamlets residents or Registered Tower Hamlets GP. (All patients must be registered to a UK GP).Risk to self and others is low and can be contained within Primary Care level.Patients who can benefit from brief interventions, i.e. 6-12 sessions. Self-referrals accepted	Service is for adults; babies 0-6 months may be present during sessions (otherwise childcare needed) Raising Happy Babies – 0-6 months
Health Visiting – Specialist Perinatal Mental Health Offer (Delivered by GP Care Group)	020 4551 1414 thgpcg.hvrecordsandreferrals@nhs.net https://www.gpcaregroup.org/your-health-services/health-visiting-0-5-years/	The Perinatal Mental Health Specialist Health Visitor: <ul style="list-style-type: none">Works with mothers identified antenatally and targeted for postnatal support (allocation via internal team process) developing integrated planning with Health Visitor/s.Liaises with perinatal services (including developed through Family Hubs).Facilitates 1:1 sessions for pregnant women who lack attachment to their unborn babies due to external stressors.Teaches mental health first aid to upskill the capacity of existing workforce.	Women experiencing problems with mental health and/or parent-infant attachment	Pregnancy (from 28 weeks) to age 2
Sister Circle	020 7377 8725 counselling@sistercircle.org.uk Alexa.Henry@sistercircle.org.uk https://sistercircle.org.uk/	'Healing Conversations' Counselling: A free confidential services offering trauma-informed and culturally sensitive counselling (up to 22 sessions). Counselling is available online or in person, in English, Arabic, Bengali, Somali or French . Peer Support: dedicated peer support groups, led by trained volunteers and staff with lived experience across northeast London, for women experiencing mental health challenges and/or trauma connected to pregnancy, birth, or baby loss or difficult experiences such as miscarriage, stillbirth or other trauma from pregnancy and delivery.	Women and birthing people with experience of loss or trauma in pregnancy or birth, gender-based violence, complex challenges such as homelessness, trafficking, domestic abuse, immigration Self-referrals accepted	Pregnancy and beyond
Toyhouse	020 7987 7399 info@toyhouse.org.uk www.toyhouse.org.uk 92 St Paul's Way, London E3 4AL	As seen on page 11, Prevention: <ul style="list-style-type: none">Mellow BumpsMellow ParentingSureSTEPSSpecial Early Family Support (SEFS)	Self-referrals accepted	Pregnancy to age 5

Emerging and Evident

Support here is aimed at an identified 'mild to moderate' perinatal mental health or parent-infant relationship need.
Guidance for scores for standard outcome measures indicating 'mild to moderate' levels of need: **GAD-7** = 5-14 | **PHQ-9** = 5-14 | **CORE-10** = 10-12

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Early Help (part of the LBTH Multi-Agency Support Team or MAST)	020 7364 5006 Early Help Extensions: 3342, 7828, 6469 or 3181 EarlyHelp@towerhamlets.gov.uk MAST@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/mast	With consent, an Early Help practitioner can do an assessment with the family to help determine how they can be best supported. The Early Help team works with families and young people who need extra support with challenges like: <ul style="list-style-type: none">Family breakdownHousing issuesEmotional well-being and mental healthParenting supportConcerns about children's behaviourDrug or alcohol addictionFinancial difficulties	Professionals require consent from the family to refer Self-referrals accepted	Pregnancy to age 25 with SEND
Birth Reflections Clinic (Delivered by the Maternity Service at Royal London Hospital)	020 3594 2512 BHNT.antenataloutpatients@nhs.net	Discuss events/incidents relating to the pregnancy, birth, and postnatal experience. It grants women a listening and reflective opportunity that enhances clarity and validating of their experiences through the continuum of pregnancy and birth. Women are referred to the clinic via a formalised referral form sent directly to antenatal clinic administrators once completed. Women meeting the inclusion criteria are seen within 4weeks to two years post birth (both Consultant midwives take a flexible approach and do see women outside this specified period, depending on individual need(s). This consultation can be held in person or over the phone, depending on the woman's preference. The consultation summary notes can be shared with the woman and documented on Trust intranet (Millennium CRS). This clinic holds for 4 days per week	Birth at Royal London Pregnancy/birth or postnatal experience which has resulted in trauma, confusion, feeling disappointed or upset Exclusion criteria: <ul style="list-style-type: none">Pregnancy loss is referred to Bereavement pathwayComplaints are referred to a Complaints pathway Self-referrals accepted	4 weeks after birth to 2 years after birth
Family Lives	0808 800 2222 askus@familylives.org.uk https://www.familylives.org.uk/how-we-can-help/in-your-area/empowering-parents-empowering-communities	EPEC (Empowering Parents, Empowering Communities) offers structured, peer-led parenting programmes for families with children aged 0–3, focusing on practical strategies for stress, communication, and behaviour. Delivered by trained Parent Group Leaders, it includes early intervention and crisis support via phone, WhatsApp, and online chat. Families receive post-programme follow-up, community links, and exit summaries.	Any family in Tower Hamlets Self-referrals accepted	Birth to age 3

Complex and Persistent

Parents and carers in this group are likely to have difficulties that have been longstanding or that have not been resolved by earlier help and support. This is sometimes referred to as 'moderate-to-severe' levels of need for support, and includes including people with existing severe mental illness like bipolar disorder or schizophrenia. Guidance for scores for standard outcome measures indicating 'moderate to severe' levels of need:

GAD-7 = 15-21 | **PHQ-9** = 15-27 | **CORE-10** = 20-40

Service or Team Name	Contact Details	Description	Referral criteria	Age of baby
Perinatal Mental Health Team (Delivered by East London NHS Foundation Trust)	0207 771 5826 https://www.elft.nhs.uk/perinatal/where-we-work/tower-hamlets-perinatal-service Burdett House, Ground Floor, Mile End Hospital, 275 Bancroft Road, London E1 4DG	<ul style="list-style-type: none">What's offered: Specialist outpatient and community care, pre-conception counselling, therapeutic interventions (e.g. Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Solution Focused Therapy, Structured Clinical management, Parent-Infant Psychotherapy, Eye Movement Desensitisation and Reprocessing Therapy), and group supportTeam expertise: Multidisciplinary team includes psychiatrists, nurses, psychologists, occupational therapists, nursery nurses, and peer support workers with lived experience.Additional services: pre-birth planning meetings, home visits, and signposting for partner; also offers support for birth trauma and parent-infant relationships.Referral and discharge: Referrals are assessed case-by-case with consent; discharge planning is collaborative and may involve onward referral to mental health services, GP, or community support.	Mums over 18 who have a moderate to severe mental illness, learning disability, or co-occurring alcohol or drug dependency. Mum must have baby with her (not separated at birth). Self-referrals accepted	Pre-conception to age 2 years
OCEAN Maternal Mental Health Service (Delivered by East London NHS Foundation Trust)	0203 222 8047 elft.eastlondonocean@nhs.net https://www.elft.nhs.uk/services/ocean-mental-health-service-east-london	<ul style="list-style-type: none">Specialist psychological treatment, care and support to those who have experienced a birth trauma and/or lossTargeted assessment/intervention for individuals identified with moderate/complex mental health needs arising from, or related to their maternity experienceTherapeutic care that integrates psychological support, specialist midwifery support, and support around reproductive health.	Women and birthing people experiencing moderate to severe mental health difficulties from pregnancy loss, neonatal death, birth trauma, severe fear of childbirth Self-referrals accepted	From pregnancy
Gateway Team (Maternity Service at Royal London Hospital)	2035942547 BHNT.Gatewayteam@nhs.net https://www.bartshealth.nhs.uk/maternity The Royal London Hospital, E1 1FR	The Gateway team: <ul style="list-style-type: none">Provide continuity of care, enhanced antenatal and postnatal care up to 28 days post birth.Liaises with professionals involved in pregnancy (GPs, Health Visitors, Family Nurse Partnership, mental health services, children's social care). <p>The team is made up of: the Named Midwife for Safeguarding Children and Gateway Team Manager, the Specialist Midwife for Safeguarding, the Gateway Team Leader, the Specialist Midwife for Perinatal Mental Health, the Specialist Midwife for Substance Misuse, HIV & FGM and five full time Band 6 Gateway Team Midwives.</p>	Consent from patient required to refer Women and birthing people who experience moderate to severe mental health issues, learning disabilities, domestic abuse, seeking asylum, alcohol or substance issues, pregnancy in teenage years, involvement from social care, and additional vulnerabilities.	Pregnancy to 28 days after delivery
Multi-Agency Support Team (LBTH)	Contact MAST on Phone: 020 7364 5006 – option 2 or 3 MAST@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/earlyhelphub	A first point of contact for concerns about welfare or safety for children, as well as their parents or carers where it directly effects the child's environment. For non-urgent situations, this team is available to provide guidance and support, and link to the right services that protect children and families from harm.	Any family in Tower Hamlets where there are concerns about the safety or welfare of a child or parent/carers	Pregnancy to age 25 with SEND
Toyhouse	020 7987 7399 info@toyhouse.org.uk www.toyhouse.org.uk 92 St Paul's Way, London E3 4AL	As seen on page 11, Prevention : <ul style="list-style-type: none">Mellow BumpsMellow ParentingSureSTEPSSpecial Early Family Support (SEFS)	Self-referrals accepted	Pregnancy to age 5:

Acute Risks and Safeguarding

Support here is aimed for when there is a severe mental health or parent-infant relationship concern or issue requiring attention (such risk of harm to self or others).

Service or Team Name	Contact Details	Description	Referral Criteria	Age of baby
Mother and Baby Unit	020 8510 8420 https://www.elft.nhs.uk/services/mother-baby-unit-mbu Centre for Mental Health Homerton Row London Eg 6SR United Kingdom	A 24/7 specialist inpatient service that offers: <ul style="list-style-type: none">• A comprehensive medical, nursing, social and psychological assessment of mothers;• A individualised care plan to meet the mothers' needs throughout admission that specifically addresses pregnancy, delivery, breastfeeding, or known physical health concerns;• Culturally sensitive, person-centred care for all mothers;• One-to-one support for mothers in order to help meet the developmental, physical, and emotional needs of their baby;• Support for the whole family; active encouragement for the involvement of partners, family members, and friends;• A well thought-through, personalised discharge plan in keeping with the Care Program Approach.	Mothers experiencing severe mental health difficulties during pregnancy and after birth Age 18 or older (age 16 or older considered on a case by case basis)	Pregnancy (from 32 weeks) up to age 12 months
Multi-Agency Support Team (LBTH)	020 7364 5006 – option 2 or 3 MAST@towerhamlets.gov.uk https://www.towerhamlets.gov.uk/mast https://www.towerhamlets.gov.uk/lgnl/jobs_and_careers/jobs-in-childrens-social-care/Our-team.aspx	A first point of contact for concerns about welfare or safety for children, as well as their parents or carers where it directly effects the child's environment. For non-urgent situations, this team is available to provide guidance and support, and link to the right services that protect children and families from harm.	Families where a child may be at risk of significant harm or their development and wellbeing are at risk	Pregnancy to age 25 with SEND
Crisis Telephone line – 111 mental health option	111, select 'Mental Health' option https://111.nhs.uk/triage/check-your-mental-health-symptoms	A team of trained mental health professionals based in North East London that provides guidance and support to anyone experiencing a mental health crisis. Staff can guide callers with next steps such as organising face-to-face community support or facilitating access to alternative services. The NHS online link provides a triage system for anyone experiencing problems with their mental health and seeking advice where what to do next.	Any person requiring urgent help for mental health Call 999 if there is currently a serious risk to life.	All ages

Using standard questions to start conversations and identify challenges (and strengths)

Whooley Questions – recommended by NICE to identify possible depression in pregnancy and postnatally

Question	Response options
During the past month, have you often been bothered by feeling down, depressed, or hopeless?	Yes / No
During the past month, have you often been bothered by having little interest or pleasure in doing things?	Yes / No

GAD-2 – recommended by NICE to identify possible anxiety in pregnancy and postnatally

Question	Response options			
Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?	Not at all 0	Several days 1	More than half of the days 2	Nearly every day 3
Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	Not at all 0	Several days 1	More than half of the days 2	Nearly every day 3

Interpretation and next steps

- A 'yes' to either Whooley question should prompt:
- Further exploration (i.e. completion of PHQ-9 or EPDS).
 - Potential onwards referral to support

If someone scores '3' or more on the GAD-2 scale, consider:

- Using the GAD-7 for further exploration
- Potential onwards referral to support

Further reading (NICE guidance):
<https://www.nice.org.uk/guidance/ng3/resources/interactive-antenatal-and-postnatal-mental-health-checklist-pdf-15244196077>

Leeds Early Attachment Observation tool – recommended by DHSC for identify possible challenges with parent-infant relationships

Question	Response options
What 3 words or phrases would you use to describe your relationship with your baby?	Open-ended - <i>This is a neutral question to encourage the parent or carer to think about their baby and how they relate to one another. It helps you to get a sense of their feelings towards the baby.</i>
What brings you the most joy in the relationship with your baby?	Open-ended - <i>This question brings out the positive side of being a parent or carer. As part of a strengths-based approach, it can be a helpful reminder for the parent of what is going well.</i>
What is your biggest fear about your relationship with your baby?	Open-ended - <i>This question focuses on aspects of the relationship that a parent or carer may be struggling with.</i>

Interpretation and next steps

For most parents and carers, an initial conversation will be all that is required to identify needs.

It may be appropriate to explore the conversation further and identify potential strengths and areas of need for support. Tools that may help with this include:

- Newborn Behavioural Observation (NBO) Tool
- Mothers Object Relations Scales (MORS) – Short Form (SF)
- Alarm Distress Baby Scale

Further reading (DHSC):
<https://www.gov.uk/government/publications/parent-infant-relationships-starting-conversations-practitioner-guide/reflecting-on-parent-infant-relationships-a-practitioners-guide-to-starting-conversations>

Antenatal and postnatal mental health: recognising depression and anxiety disorders

Principles of care

Recognise that people who have a mental health problem (or are worried that they might have) may be:

- unwilling to disclose or discuss their problem because of fear of stigma, negative perceptions of them as a parent or fear that their baby might be taken into care
- reluctant to engage, or have difficulty in engaging, in treatment because of avoidance associated with their mental health problem or dependence on alcohol or drugs

All healthcare professionals referring a person to a maternity service should ensure that communications with that service (including those relating to initial referral) share information on any past and present mental health problem

Recognise that the range and prevalence of anxiety disorders (including generalised anxiety disorder, obsessive-compulsive disorder, panic disorder, phobias, post-traumatic stress disorder and social anxiety disorder) and depression are under-recognised throughout pregnancy and the postnatal period

Identification questions and anxiety scales

At the first antenatal contact with primary care or booking visit, and during the early postnatal period, consider asking the following **depression identification questions** as part of a general discussion about mental health and wellbeing:

- ☐ During the past month, have you often been bothered by feeling down, depressed or hopeless?
- ☐ During the past month, have you often been bothered by having little interest or pleasure in doing things?

If someone responds positively to either of the **depression identification questions**, is at risk of developing a mental health problem, or there is clinical concern, consider:

- using the Edinburgh Postnatal Depression Scale (EPDS) or the Patient Health Questionnaire (PHQ-9) as part of a full assessment, or
- referring them to their GP or, if a severe mental health problem is suspected, to a mental health professional.
(Also see the [guideline section on severe mental illness](#).)

Also consider asking about anxiety using the 2-item **Generalized Anxiety Disorder scale (GAD-2)**:

- Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?
- Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?

Scoring for questions about anxiety:

An answer of 'not at all' scores 0

'several days' scores 1

'more than half the days' scores 2

'nearly every day' scores 3.

Score:

If someone scores 3 or more on the GAD-2 scale, consider:

- using the GAD-7 scale for further assessment, or
- referring them to their GP or, if a severe mental health problem is suspected, to a mental health professional.

If someone scores less than 3 on the GAD-2 scale, but you are still concerned they may have an anxiety disorder, ask the following question:

- Do you find yourself avoiding places or activities and does this cause you problems?
- If they respond positively, consider:
- using the GAD-7 scale for further assessment, or
 - referring them to their GP or, if a severe mental health problem is suspected, to a mental health professional.

At all contacts after the first contact with primary care or the booking visit, the health visitor, and other healthcare professionals who have regular contact during pregnancy and the postnatal period (first year after birth), should consider:

- asking the 2 depression identification questions and the GAD-2 scale as part of a general discussion about mental health and wellbeing, and
- using the EPDS or the PHQ-9 as part of monitoring.

Using standardised tools to help with conversations about support needs and referrals

GAD-7 – anxiety: Over the last two weeks, how often have you been othered by the following problems?

#	Items	Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious, or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid, as if something awful might happen	0	1	2	3

GAD-7 total score for the seven items ranges from 0 to 21.

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.”

- 0–4: minimal anxiety
- 5–9: mild anxiety
- 10–14: moderate anxiety
- 15–21: severe anxiety

https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf

Additional languages:

<https://www.phqscreeners.com/select-screener>

PHQ-9 – depression or low mood: Over the last two weeks, how often have you been othered by the following problems?

#	Items	Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9*	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3

PHQ-9 total score for the nine items ranges from 0 to 27.

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.”

- 0–4: minimal depression
- 5–9: mild depression
- 10–14: moderate depression
- 15–19: moderately severe depression
- 20–27: severe depression

***Item 9:** If the person scores 1, 2, or 3 on this item, further discussion and safety planning may be needed.

<https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf>

Additional languages:

<https://www.phqscreeners.com/select-screener>

Using standardised tools to help with conversations about support needs and referrals

CORE-10 – The person should select how they've been feeling over the last week.

#	Items	Not at all	Occasionally	Sometimes	Often	Most of the time
1	I have felt tense, anxious or nervous	0	1	2	3	4
2	I have felt I have someone to turn to for support when needed	0	1	2	3	4
3	I have felt able to cope when things go wrong	0	1	2	3	4
4	Talking to people has felt too much for me	0	1	2	3	4
5	I have felt panic or terror	0	1	2	3	4
6	*I made plans to end my life	0	1	2	3	4
7	I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
8	I have felt despairing or hopeless	0	1	2	3	4
9	I have felt unhappy	0	1	2	3	4
10	Unwanted images or memories have been distressing me	0	1	2	3	4

CORE-10 total score for the 10 items ranges from 0 to 40.
This is calculated by assigning scores of 0, 1, 2, 3 and 4 to the response categories.

- 0-5: Healthy
- 6-10: Low level distress
- 11-14: Mild psychological distress
- 15-19: Moderate psychological distress
- 20-24: Moderate to severe psychological distress
- 25-40: Severe psychological distress

***Item 6:** If the person scores 1, 2, 3, or 4 on this item, further discussion and safety planning may be needed.

<https://www.coresystemtrust.org.uk/wp-content/uploads/2020/07/CORE-10-English.pdf>

Additional languages: <https://www.coresystemtrust.org.uk/home/printable-pdf-files/>

Edinburgh Postnatal Depression Scale (EPDS) – The person should select how they've been feeling in the previous 7 days.

#	Items	As much as I always could	Not quite so much now	Definitely not so much now	Not at all
1	I have been able to laugh and see the funny side of things	0	1	2	3
2	I have looked forward with enjoyment to things	0	1	2	3
3	I have blamed myself unnecessarily when things went wrong	3	2	1	0
4	I have been anxious or worried for no good reason	0	1	2	3
5	I have felt scared or panicky for no very good reason	3	2	1	0
6	Things have been getting on top of me	0	1	2	3
7	I have been so unhappy that I have had difficulty sleeping	0	1	2	3
8	I have felt sad or miserable	0	1	2	3
9	I have been so unhappy that I have been crying	0	1	2	3
10*	The thought of harming myself has occurred to me*	3	2	1	0

EPDS total score for the 10 items is 0 to 30
Questions 1, 2, & 4 are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.
Questions 3, 5-10 are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

- 0-9: Not likely depression
- 10-12: Potentially mild depression
- 13-30: Potentially moderate to severe depression

***Item 10:** If the person scores 1, 2, or 3 on this item, further discussion and safety planning may be needed.

<https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/edinburgh-postnatal-depression-scale.pdf>

Additional languages: <https://www.healthtranslations.vic.gov.au/resources/edinburgh-postnatal-depression-scale-epds>

Using standardised tools to help with conversations about support needs and referrals

Mothers' Object Relationships Scale Short-Form (MORS-SF) - validated for parents with a child aged 0-4 years old. Using the scale below, circle the appropriate number for each item. There are no 'right or 'wrong' answers; many of these are true of all babies at times.

#	W/I	Items	Never	Rarely	Sometimes	Quite often	Very often	Always
1	W	My baby smiles at me	0	1	2	3	4	5
2	I	My baby annoys me	0	1	2	3	4	5
3	W	My baby likes doing things with me	0	1	2	3	4	5
4	W	My baby talks to me	0	1	2	3	4	5
5	I	My baby irritates me	0	1	2	3	4	5
6	W	My baby likes me	0	1	2	3	4	5
7	I	My baby wants too much attention	0	1	2	3	4	5
8	W	My baby laughs	0	1	2	3	4	5
9	I	My baby gets moody	0	1	2	3	4	5
10	I	My baby dominates me	0	1	2	3	4	5
11	W	My baby likes to please me	0	1	2	3	4	5
12	I	My baby cries for no obvious reason	0	1	2	3	4	5
13	W	My baby is affectionate towards me	0	1	2	3	4	5
14	I	My baby winds me up	0	1	2	3	4	5

Scoring interpretation for MORS-SF

- WARMTH (positive emotional connection) - W**
- This scale assesses a mother's perception of how warm her infant is towards her.
 - Scored by adding together the scores for items **1, 3, 4, 6, 8, 11** and **13**.
 - An average score on this scale is around 29.
 - Any score lower than 20 many indicate grounds for possible concern.
 - A score of 11 or less should indicate concern.
- INVASION (sense of being intruded upon or overwhelmed) - I**
- This scale assesses the extent to which a mother feels a sense of unwelcome invasion or control by her infant.
 - Scored by adding together the scores for items **2, 5, 7, 9, 10, 12** and **14**.
 - An average score on this scale is around 10.
 - A score higher than 12 may indicate grounds for possible concern.
 - A score of 17 or more should indicate concern.

- Score profiles**
- **Generally reassuring:** Normal Warmth + Low Invasion
 - **Mixed or unclear:** High Warmth + Normal Invasion
 - **Potentially concerning profiles:**
 - **Low Warmth + High Invasion** - May signal a high risk of relationship difficulties, including rejection or emotional withdrawal.
 - **Low Warmth + Low Invasion** - May indicate emotional neglect or lack of engagement with the infant.
 - **Low Warmth + Normal Invasion** - Suggests possible emotional detachment or reduced responsiveness, which may reflect neglect.
 - **Normal Warmth + High Invasion** - May reflect stress, inexperience, or lack of support in caregiving — not necessarily a serious concern.

<https://www.morscales.org/mors-tools/> - MORS-SF is free to access and is also available in Arabic, Simplified Chinese, Dutch, Hebrew, Hindi, Hungarian, Polish, Russian, Somali, Spanish and Swedish versions.

Appendix

Our pathway includes some less commonly cited outcome measures:

DANCE tool of naturalistic observation of Parent-child Dyad

•The Dyadic Assessment of Naturalistic Caregiver- Child Experiences (DANCE) enables observations to assist the Family Nurse Practitioner to identify areas for growth, enhancement, and strength when the caregiver interacts with the child. The DANCE can be completed by a trained practitioner. The DANCE can be utilised from when baby is 1 month old to 23 months old. Olds D, Donelan-McCall N, O'Brien R, MacMillan H, Jack S, Jenkins T, Dunlap WP 3rd, O'Fallon M, Yost E, Thorland B, Pinto F, Gasbarro M, Baca P, Melnick A, Beeber L. Improving the nurse-family partnership in community practice. *Paediatrics*. 2013 Nov;132 Supplement (2)S110-7. <http://doi.org/10.1542/peds.2013-1021>

Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is a 14-item scale or shorter 7 item scale designed to measure mental wellbeing in the adult general population. The WEMWBS offers a picture of mental wellbeing with a better balance of feeling and functioning. It is a well validated measure applicable in the general population. Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation. *Health and quality of life outcomes*, 5, 63. <https://doi.org/10.1186/1477-7525-5-63>

Impact of Events Scale (IES)

The Impact of Events Scale (IES) is a measure of Post Traumatic Stress Disorder (PTSD) symptoms and is a self-administered short form. It can be used repeatedly over time to monitor progress and is best utilised for recent and specific traumatic events in adult populations. Weiss, D.S., & Marmar, C.R. (1997). The Impact of Event Scale-Revised. In J.P. Wilson, & T.M. Keane (Eds.), *Assessing Psychological Trauma and PTSD: A Practitioner's Handbook* (pp. 399-411). New York: Guilford Press.

The Dissociative Experience Scale

The Dissociative Experience Scale is a psychological self-assessment 28-item questionnaire that measures dissociative experiences such as derealisation, depersonalisation, absorption, and amnesia. Bernstein, E. M, Putnam, F. W. (1986). Development, reliability, and validity of a dissociation scale. *Journal of Nervous and Mental Disorders*. 174 (12): 727-35. [doi:10.1097/00005053-198612000-00004](https://doi.org/10.1097/00005053-198612000-00004). PMID 3783140. S2CID 20578794.

The Relationship Function Inventory

The Barrett-Lennard Relationship Function Inventory measures empathy in relationships, and how people relate to each other in relationships. This is particularly useful for working with couples in a therapeutic context. Barrett-Lennard, G. T. (2015). *The Relationship Inventory: A complete resource and guide*. Wiley Blackwell.

Couples' Satisfaction Index (CSI)

The Couples' satisfaction index (CSI) is a widely used assessment tool for measuring relationship satisfaction in romantic partnerships. The 32-item and 16-item or 4-item short scale offer practitioners' variation in what form they use. The measure is used for initial relationship assessment, tracking changes in satisfaction over time, and evaluating the effectiveness of couples therapy. Funk, J. L., & Rogge, R. D. (2007). *Couples Satisfaction Index (CSI)*. <https://doi.org/10.1037/t01850-000>

The CBT Couples Therapy Scale

The CBT Couples Therapy Scale is a scale that indicated couple's communication of thoughts, feelings and behaviours towards one another and how these dimensions interact. [CTRS-Full-Documents.pdf](#)

Post-Traumatic Stress Disorder Scale: The PCL-5

The PCL-5 is a self-report measure of the presence of PTSD symptoms and severity, in correspondence with those cited in the Diagnostic Manual of Mental Disorders (DSM-5). A high score on this 28-item measure of PTSD suggests moving into PTSD treatment and evaluation. Blevins, C. A., Weathers, F. W., Davis, M. T., Witte, T. K., & Domino, J. L. (2015). Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5). <https://doi.org/10.1037/t51564-000>

Ages and Stages Assessment Tool of social and emotional development⁷: The Ages & Stages Questionnaire: Social-Emotional, Second Edition (ASQ) Assesses developmental progress in children between the ages of one month to six years. <https://agesandstages.com/about-asq/why-screening-matters/social-emotional-screening/>



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