

Neonatal Family Wellbeing Team

Caring for your baby means caring about your wellbeing too

In addition to your medical and nursing team, members of the Family Wellbeing Team are available to support all families in the neo-natal unit. The team can offer emotional and mental health support, spiritual care, financial advice, and practical activities to support parenting experiences.

During the current COVID-19 pandemic, we have had to make some changes to the way we provide our service to ensure the safety of you, your baby and our staff. Please be aware that some of the team may not be available on the ward due to COVID-19 restrictions.

The team includes:

Clinical Psychologists: They are available as part of your baby's care at the Simpson's and St John's neo-natal units. They offer confidential emotional wellbeing appointments at your baby's cot side or in a more private location on the unit. They remain available over the first year following your baby's care on the unit. They offer support for emotional health and/or parent-infant relationship issues related to experiences of maternity and neonatal care. They can be contacted via your baby's nursing and medical team. Alternatively, you can leave any non-urgent messages or enquiries for them on **0131 242 1554** or by email at **mnpi.mail@nhslothian.scot.nhs.uk**

The Chaplain and the Spiritual Care team: They offer confidential support for families whatever their beliefs or life situations. They can be contacted directly on: **0131 242 1990**.

Every Tuesday there is a "Family Wellbeing Meeting" where the Neonatal Family Wellbeing Team meet with the medical and nursing team to share information to co-ordinate the supportive care that we offer. The information that is discussed is to ensure the best possible care for you and your baby. For information on NHS Lothian's data protection policies please see:

www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx

Any member of your baby's medical and nursing team can help you to get in touch with the Neonatal Family Wellbeing Team.