


## WHERE TO FIND US?

Psychology Department  
Mountainhall Treatment Centre  
Bankend Road  
Dumfries  
DG1 4AP

 01387 244495

 Monday to Friday 9am-5pm

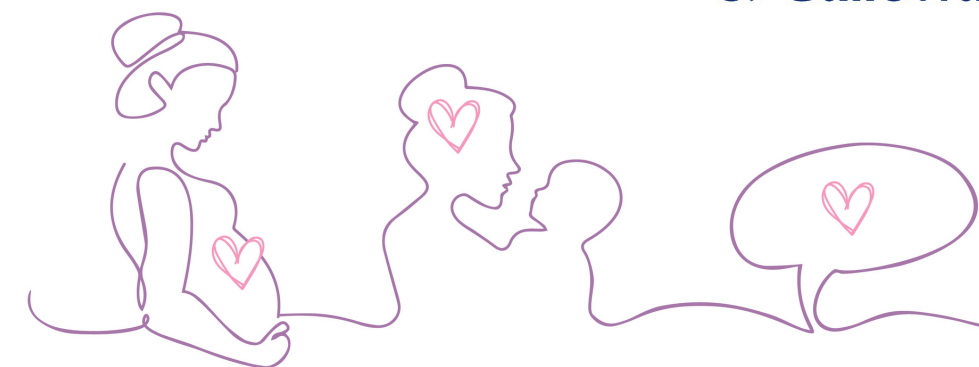
We are also present on the neonatal unit on a Thursday afternoon and offer informal listening conversations.



## THE SERVICE

Pregnancy and birth can be a time of significant emotional adjustment. A number of factors may impact on a parent's emotional well-being over the course of their pregnancy and postnatal journey. These may include:

- Medical complications related to the current pregnancy or birth experience
- Having previous difficult experiences related to pregnancy, birth or neonatal care
- Having a baby cared for in the neonatal unit
- Having experienced pregnancy or baby loss
- Having a specific phobia, such as a fear of giving birth (also called tokophobia)
- Facing complicated antenatal or postnatal emotional adjustment processes



Maternity & Neonatal Psychology  
NHS DUMFRIES & GALLOWAY

## MATERNITY AND NEONATAL PSYCHOLOGICAL INTERVENTIONS (MNPI)

Part of the Perinatal Infant Mental Health Service

If you need this information in a different language or format, please contact Patient Services via email at [dg.patient-information@nhs.scot](mailto:dg.patient-information@nhs.scot)



## WHO ARE WE?

We are a team of 2 Clinical Psychologists. We have specialist training to support your psychological and emotional needs during pregnancy and in the postnatal period.

## REFERRAL

Please ask your Midwife, Health Visitor, Obstetrician, GP, Neonatal nurse or Doctor if you would like to speak with someone from the Maternity and Neonatal psychology team.

The time spent with us is tailored to best suit your needs, feelings and concerns. Following referral, you will be contacted by one of the team within 6 weeks for a Face to Face or Near Me (video) assessment appointment so we can make sense of your difficulties and discuss what support you might need. One appointment might be enough or we might decide to arrange further appointments. Sometimes we suggest other support options such as recommended self help. An appointment usually lasts for around an hour.

Members of the team visit the Neonatal Ward every Thursday afternoon to talk about the service and offer listening conversations. You don't need a referral to access Time to Talk.

## WHAT WE OFFER

- **Evidence-based support**  
We offer compassionate and confidential support using evidence-based treatments.
- **Support your care**  
We can work with you and your partner, and other professionals involved in your care.
- **Conception to one year post-natal**  
We offer services during the period from conception to baby's first birthday.

## CARE PATHWAYS

How can MNPI help me and my family? Watch this video for more information.

