

PIMH (Parent Infant Mental Health) Volunteer Role



Koala NW volunteer support is the heart of what we do and we know how much our families appreciate the support our volunteers offer. You may have had experience yourself during those early years of raising a child and we all know how challenging it can be. Therefore we are reaching out to you to be able to offer some emotional support, via the phone initially, to those families who need our support.

We are offering a free training programme to support volunteers to feel confident to help other families within this perinatal period. All volunteers should **attend the initial core training programme** and, for those volunteers interested in a PIMH role, there will be two extra sessions. You will be able to offer emotional support to parents to help them improve their parental confidence, their relationship with their baby and support positive well-being. All volunteers will be supported by the volunteer PIMHS Coordinator and will have regular support and supervision alongside peer support.

You may be familiar with a PIMH service or you may be thinking What is PIMH?

PIMH is a service designed to support parents who are expecting a baby, have recently given birth or have a child under 2 years of age.

As we know, these can be difficult times particularly if parents are experiencing emotional or mental health difficulties. We focus on supporting those early relationships between parents and their child / children.

Having a baby or young child can impact upon us in different ways for a number of reasons, lack of support, infant crying, broken sleep, just to name a few. These can all impact upon our relationships with our children. Accessing support early can really make a difference for both parents and their children.

Giving babies the best start in life is crucial and the PIMH service really focuses on promoting good infant mental health. Often babies mental health is considered a bit of a “blind spot”, sometimes we can forget about baby’s mental wellbeing. Here at Koala North West, we support families to help their babies thrive, not just in relation to their physical health, but within their emotional and social development too.

Please complete the form and return to admin@koalanw.co.uk and a member of the team will contact you to discuss it further.

