

## HELP IS AVAILABLE

- Are you finding it hard to bond with your baby/child?
- Do you think your baby/child does not like you?
- Are you finding it difficult adjusting to parenthood?
- Are you concerned about your baby/child's emotional health?
- Do you suffer from mental health issues e.g. anxiety, depression, low self-esteem, trauma?
- Do you understand the impact of addictions or domestic violence on your baby/child's mental and emotional development?

*Talk to your GP, Midwife, Health Visitor, Social Worker or other health professional who can contact i-CAMHS for advice and refer you for direct support.*

## CONTACT DETAILS

### ARMAGH & DUNGANNON

#### CAMHS TEAM

South Tyrone Hospital D Floor  
Carland Road  
Dungannon  
BT71 4AU  
Tel: 028 8771 3494  
Fax: 028 8771 3493

### CRAIGAVON & BANBRIDGE

#### CAMHS TEAM

Bocombra Lodge  
2 Old Lurgan Road  
Portadown  
BT63 5SG  
Tel: 028 3839 2112  
Fax: 028 3836 1968

### NEWRY & MOURNE CAMHS TEAM

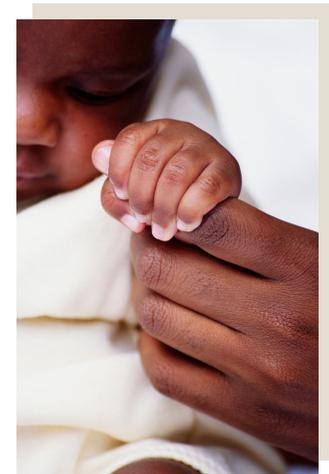
Needham House  
Kiln Street  
Newry  
BT35 8EQ  
Tel: 028 3083 5400  
Fax: 028 3082 5568



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

## i-CAMHS



## INFORMATION FOR PARENTS

*“Helping parents understand and respond to their infant's unique way of communicating is probably the most important intervention to the infant's development of a secure attachment.”*

*P Svanberg (2002)*

## SOME FACTS ON INFANT MENTAL HEALTH

Infant mental health refers to the social, emotional and intellectual well-being of children 0-3 years in terms of their relationship with their carers.

- The first three years of your child's life are the most important as the brain rapidly develops.
- This development is fully dependant on the interaction between their carers and the environment they live in.
- Your baby/child forms attachment with you as you respond to their physical and emotional needs.
- Research has proven that bonding with your baby/child creates the foundation of a 'secure base' in their later life.
- With your assistance your baby/child learns how to manage his/her stress.

## HOW YOU CAN PROMOTE YOUR INFANT'S MENTAL HEALTH

- Look at, smile, talk calmly, sing, and read to your baby/child.
- Hold, cuddle, gently rock, stroke, encourage skin to skin contact, and soothe your baby/child.



*You cannot spoil your baby/child.  
What happens in the early years  
affects the course of  
development across the lifespan.*

## i-CAMHS

The Southern Health and Social Care Trust offers Specialist Infant Mental Health intervention within its Child and Adolescent Mental Health Services.

The Infant Mental Health Practitioner offers you early intervention in order to promote your baby/child's emotional and mental health and your developing relationship and help you gain support from other useful agencies.

With your permission, your health professional can refer you to i-CAMHS if there are concerns about your baby/child's mental and emotional health.

