

Portsmouth Young Parent Care Pathway - For Professionals

Young person thinks that they might be pregnant

Unprotected sex in the last 5 days?

Free pregnancy tests available - See www.letstalkaboutit.nhs.uk/ for information on nearest service or ring 0300 300 2016 (effective 21 days after unprotected sex)

Free emergency contraception and sexual health advice - Solent Sexual Health 0300 300 2016. Free emergency contraception also available from community pharmacies, GP practices or urgent care services out of hours (see www.letstalkaboutit.nhs.uk)

Any safeguarding concerns/ anyone under 13 - Contact the Portsmouth Multi-Agency Safeguarding Hub (MASH) using the Inter-Agency Contact Form - [found here](#). MASH Tel: 0845 671 0271 / 02392 688793.

Pregnancy confirmed (Aged 19 or under) or Care Leavers/ other vulnerabilities (up to 26th birthday)

Continue with the pregnancy and keep the baby

Young person self-refer directly to Midwife ([Midwife self-referral form](#)) and notify GP.

Unsure about pregnancy options at any time- British Pregnancy Advice Service 03457 30 40 30
www.bpas.org

- **Considering termination** - 03457 30 40 30
www.bpas.org
- **Fostering and Adoption** - If considering these options, the birth parent should contact the Multiagency safeguarding hub.

Midwifery:

- Named Midwife
- Safeguarding assessment – include partner
- Early Help assessment
- For Level 2 Young Parent support contact local Early Help Hub
- NICE guidance – Antenatal care for uncomplicated pregnancies / Complex and social issues
- Healthy lifestyle in pregnancy discussions
- Continuation of ante/post-natal care as per NICE guidance

Health Visiting

If not eligible for FNP, either no capacity or doesn't meet criteria.

Tel: [0300 123 6629](tel:03001236629)

snhs.portsmouthhealthvisiting@nhs.net

- **All parents are eligible and offered health visiting**

Support provided until child starts school

Health Visiting ECHO:

Local programme Tel: [0300 123 6629](tel:03001236629)

snhs.portsmouthhealthvisiting@nhs.net

- Offered in the Antenatal period until baby is 1 year
- Enhanced Health Visiting offer, to support the transition to parenthood with bespoke anticipatory and early help guidance during the first year of life.
- Inclusion criteria apply, to be assessed by the HV service.

For the full ECHO inclusion criteria -please contact the HV service via the above email

Family Nurse Partnership (FNP) Tel: [0300 123 6627](tel:03001236627)
SNHS.PortsouthFamilyNursePartnership@NHS.net

If first pregnancy, under 25, under 28 weeks gestation (For the full FNP eligibility criteria/ a referral form - please contact FNP via the above email)

Licensed programme- Intensive support for young first time parents, can be delivered until babies 2nd Birthday

Support for young parents to stay in education:

The Harbour School provides the Young Parents Support Service for mothers and fathers attending Portsmouth schools until the end of Year 11. They run outreach services and group support. The service aims to support young parents with staying in education and raising aspirations. Outreach@thsportsmouth.org
023 92665664 Extension Tipner

Sexual Health Outreach Nurse - [Referral form](#)

Receive notification of birth and arrange contact by day 21 post-natal.

- Discussion of choices
- Contraception appointment. Follow up at 3-6 months dependant on contraception method
- **Referred to by midwifery, FNP, ECHO, health visiting, GP or Nurse**

WIDER SUPPORT AVAILABLE:

Safeguarding, sexual abuse and domestic abuse

- [Safeguarding procedures and guidance](#) - Sexually active young people and children. Child sex exploitation - Contact MASH Tel: 0845 671 0271 / 02392 688793
- Treetops Sexual Assault and Referral Centre- <https://www.solent.nhs.uk/sarc/> 0300 123 6616
- See <https://www.safe4me.co.uk/resources/> for resources and guidance
- If you are aged 16 and over and want to talk about domestic abuse then call 0330 016 5112 ([Stop Domestic Abuse - Portsmouth](#))
- If you are under 16 and want to talk about domestic abuse please call 0800 1111 (Childline).

Mental Health

- [Perinatal Mental health pathway](#)
- [Perinatal Mental Health Service](#)- specialist service across HIOW. Helps mothers experiencing severe mental illness through a programme of treatment and support in the community and in our specialist inpatient unit.
- [Talking change](#) (The primary care mental health service for Portsmouth). - You can self-refer by calling 0300 123 3934 or by visiting www.talkingchange.nhs.uk
- [Positive minds](#)- support for city residents struggling to cope with difficulties and distress. 023 9282 4795

Smoking, alcohol and substance abuse

- [Portsmouth wellbeing service](#) - Quit smoking, drink less alcohol, eat well and move more-wellbeing@portsmouthcc.gov.uk 023 9229 4001
- [DASS - drug and alcohol support service](#)- for young people up to 19 years old. A young person (from the age of 13) can contact DASS directly if they want support, or an adult like a teacher or youth worker can contact the service on behalf of the young person if they have their permission - dass@portsmouthcc.gov.uk 07951 497898 or 07557 753131.

Housing and employment

- [Portsmouth City Council – Housing Options](#) Tel: 023 9283 4989
Email: housing.options@portsmouthcc.gov.uk
- For those aged 16-24 and not in work, education or training - support with finding work, CVs, application forms, apprenticeships, college courses or training please phone 02392732450 or email whatnext@portsmouthcc.gov.uk website - <https://www.facebook.com/FlyingStartPortsmouth/>

Parenting support

- [Temporary changes to working arrangements \(COVID-19\)](#)- council Children's Services, NHS children's services, education settings and the voluntary sector
- [Solent Pulse](#) - confidential service for young people and parents to text in and contact a qualified nurse for information or advice. They will get a response to their text enquiry within 24 hours
- [Healthier together](#) the website provide advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals
- [Dad's pad](#) Guide for new Dad's to provide them with the parenting confidence and skills they need. Developed in conjunction with the NHS. Order hard copy [here](#) (£12). [Free app](#) also available with the same information.
- [Baby Buddy app](#) parenting app aimed at 16-25 year olds. Guides parent through pregnancy and the first 6 months after birth. Created by Best Beginnings charity and endorsed by all the Royal colleges and the NHS.
- [The parenting network](#) - delivering a range of parental support services with our core projects being Dadzclub, The Young Families Project, Parental Voice and Therapeutic Developmental Baby Massage
- [Dadzclub](#) - a free and supportive network for all father figures.

Sexual Health

- [Home - Let's Talk about It \(letstalkaboutit.nhs.uk\)](#). 0300 300 2016