

Portsmouth Young Parent Care Pathway - For Professionals

Young person thinks that they might be pregnant.

--- If unprotected sex was in the last 5 days

Free pregnancy tests available - See letstalkaboutit.nhs.uk for information on nearest service or call 0300 300 2016.

Free emergency contraception & sexual health advice - Sexual Health Service Call 0300 300 2016 ASAP.
Other options included selected pharmacies provide FREE Emergency contraception and oral contraception pill starts. GPs and urgent care service out of hours also provide FREE Emergency contraception letstalkaboutit.nhs.uk

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 (through Badgernet) 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
- Family support plan (PSCP site)
- 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

Any safeguarding concerns/ anyone under 13 - Contact the Portsmouth Multi-Agency Safeguarding Hub (MASH) using the Inter-Agency Contact Form - Guidance here, professional referral link here.
MASH Tel: 0845 671 0271 (Out of hours 0300 555 1373)

Family Nurse Partnership (FNP) Tel: 0300 123 6627
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 baby's 2nd Birthday.

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 or
PortsmouthHealthVisitingClient@solent.nhs.uk

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.

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, email referral form to sexualhealthreferral@solent.nhs.uk. 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 (Out of hours 0300 555 1373)
- 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 the person is aged 16+ and is affected by domestic abuse then call [Stop Domestic Abuse](#) main helpline 0330 0533 630
- If the person is under 16 and is affected by domestic abuse then contact Childline 0800 1111
- [Portsmouth City Council Website](#) for more information on local domestic abuse services.

Mental Health

- [Perinatal Mental health pathway](#) - NHS guidance
- [The Portsmouth Mental Health Hub](#) - Advice and support for anyone aged 16+ who are unsure about where to go for mental health support. Contact number 0300 123 6621.
- [Perinatal Mental Health Service](#) - Specialist mental health support during the perinatal period in H10W. Helps mothers experiencing severe mental illness through a programme of treatment and support in the community and in the specialist inpatient unit (Clover Ward - Mother and baby unit).
- [Talking Therapies Portsmouth](#) - Provides support for mental health difficulties such as depression and anxiety for Portsmouth residents (16+ years old). Specific mental health support for both parents during the perinatal period is also available. Option to self-refer using the [online form](#) or by calling 0300 123 3934.
- [Portsmouth Peer Support and Wellbeing Team](#) - 1:1 peer support and workshops for Portsmouth residents over the age of 18 who are feeling low, worried, or hopeless. [Online referral form](#), contact number 023 9282 4795, or email positiveminds@solentmind.org.uk.

Smoking, alcohol, and substance use

- [Portsmouth Wellbeing Service](#) - Support for quitting smoking, drinking less alcohol, eating well and increasing physical activity levels - [Online referral](#), contact number 02392294001, email wellbeing@portsmouthcc.gov.uk.
- [DASS - drug and alcohol support service](#)- for young people up to 25 years old. A young person (from the age of 13) can contact DASS directly, or an adult (e.g., teacher or youth worker) can contact the service on behalf of the young person if they have their permission. [Online referral](#), email DASS@portsmouthcc.gov.uk, call or text 07979 706037 or 023 9288 2593. Drop ins also available at 55 Kingston Road, Fratton, Portsmouth, PO2 7DP.

Housing and employment

- [Portsmouth City Council](#) – Support for finding affordable housing or those at risk of homelessness. Housing Needs Advice and Support team contact number 023 9283 4989, or [using the online referral form](#).
- [Portsmouth City Council](#) - Rough sleeping pathway information.
- [Specialist Career Guidance](#) - For people aged 16-24 not currently in work, education or training. Support with finding work, CVs, application forms, apprenticeships, college courses or training. Contact number 02392732450 or email whatnext@portsmouthcc.gov.uk.

Parenting support

- [Family Assist](#) - Website providing comprehensive information and resources on a range of topics surrounding pregnancy and parenting.
- [Healthier together](#) - Website providing advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals.
- [Family Hubs](#) - A 'one stop shop' providing free information, signposting, support and activities for families with children. Family hubs are located in Buckland, Milton, Northern Parade, Somerstown and Paulsgrove.
- [The parenting network](#) - Delivers a range of parental support services to help parents build a supportive community of families in Portsmouth. Core projects include The Young Families Project, Parental Voice, Stay and Play, and Baby Bank. Contact number 02393 870 198.
- [Dad's pad](#) - A guide for new Dad's to provide them with the parenting confidence and skills they need, developed in conjunction with the NHS. A hard copy can be ordered [here](#) (£12). There is also a [Free app](#) available with the same information.
- [Baby Buddy app](#) - A free parenting app providing trusted, evidence-based information for parents, co-parents, caregivers and professionals.
- [Dadzclub](#) - A free and supportive network for all father figures, providing online support, peer networks and community events.

Sexual Health

- [LetsTalkAboutIt](#) - Portsmouth's sexual health service providing support with contraception, pregnancy and STIs. There are also specialist support options for young people and those identifying as LGBTQI+. Contact number 03003002016.