

Mother and baby information sheet

Mother and Baby unit (MBU's) provides specialist care and treatment for mothers with their babies when they are suffering with mental illness. The unit has been designed especially for mothers and babies, with the aim of making it a safe, pleasant and relaxing environment.

Mother and baby unit's aims are:-

- To provide an environment where you can feel safe, happy and supported with your new baby and help you with any difficulties you may be having at this time.
- To offer personalised treatment for your mental health problems so that you can recover and return home with your baby.
- To support you to adapt to your new role as a mother, improve your mental wellbeing and help you to understand your own mental health problems.
- To respect your individuality and ensure that you are in charge of your treatment.
- To work as a team with you and your partner, family or important others so that everyone you want is involved in your care.
- To nurture the bond between you and your baby, and to support any other parenting figures in their parental role.
- To support you with caring for your baby where required, so that you can learn, rest and recover and eventually care for your child independently.
- To be respectful of and sensitive to any religious or cultural needs you may have.

Coombe Wood MBU

Website: <http://www.cnwl.nhs.uk/coombe-wood/>

Address: Park Royal Centre for Mental Health, Acton Lane, London, NW10 7FL.

Telephone: 020 8955 4495



Homerton MBU

Website: <https://www.elft.nhs.uk/service/182/Margaret-Oates-Mother-and-Baby-Unit>

Address: City and Hackney Centre for Mental Health, Homerton Row, London, E9 6RS

Telephone: 020 8510 8420/8320

South London and Maudsley MBU

Website: <https://www.national.slam.nhs.uk/services/adult-services/perinatal/>

Address: Fitzmary House One, Bethlem Royal Hospital, Monks Orchard Road, Beckenham BR3 3BX

Telephone: 020 3228 4265/4255



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