To improve the life chances of parents/expectant parents with perinatal mental health issues, and their infants under 1

**Overall Aim**

- To increase resilience and long term coping strategies of participant parents and infants
- To improve mental health of participant mothers and fathers
- To improve emotional attachment between participant parents and infants
- To reduce social isolation of participant parents and infants
- To increase self-confidence and future employment opportunities of volunteer befrienders and participants

**Objectives**

- To work in partnership with local authority, health, social care and voluntary sector providers
- To provide direct one to one support for parents and their infants in their home and other community settings
- To use evidence based, outcomes, assessment and evaluation
- To recruit, train and support volunteer peer befrienders
- To provide a range of support groups and informal networks for parents and their infants
- To provide tailored information and signposting to other local resources

**Outcomes**

- To improve emotional attachment between participant parents and infants
- To increase resilience and long term coping strategies of participant parents and infants
- To improve mental health of participant mothers and fathers
- To reduce social isolation of participant parents and infants
- To increase self-confidence and future employment opportunities of volunteer befrienders and participants
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