



Listening Visits in Perinatal Mental Health: A Guide for Health Professionals and Support Workers

Jane Hanley

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Listening Visits in Perinatal Mental Health focuses on how women and families suffering from perinatal mental illness can be supported by a wide range of practitioners. Based on the skills of attentive listening, it is designed for use by health professionals and support workers concerned with maternal mental health and the mental health of the family.

This accessible guide:

- Covers the process and progression of perinatal mental health
- Discusses the types of anxiety and depression which may occur during the perinatal period
- Examines the impact of maternal mental illness of the infant, father and family
- Explores the available assessment tools, such as the EPDS
- Presents the theories behind the efficacy of listening and counselling skills, as well as the evidence which recommends this type of therapy
- Gives suggestions of alternative therapeutic approaches and further resources to explore around perinatal mental health
- Emphasises the importance of looking after yourself and making use of supervision and peer support.

With chapters focused on listening to mothers, fathers and infants and paying attention to cultural diversity, *Listening Visits in Perinatal Mental Health* builds on the knowledge that many professionals working with new mothers already have about perinatal mental health. It focuses on developing the skills needed to put this knowledge into practice and includes case examples and follow-up activities throughout.

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