



# Perinatal and Infant Mental Health Fund

Delivery and learning report  
October 2020 - September 2024



Scottish Government  
Riaghaltas na h-Alba  
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Perinatal & Infant  
Mental Health Fund

INSPIRING SCOTLAND

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Image: 3D Drumchapel

# Improving the life chances of babies, children and young people

**At Inspiring Scotland, improving the life chances of babies, children, and young people is a priority.**

Too many young people in Scotland start their lives at a disadvantage, facing generational poverty, lost life chances, and shortened life expectancy. We deliver programmes that focus on babies, children, and young people throughout their life journey so that they have happy and healthy childhoods that lead to positive adult lives.

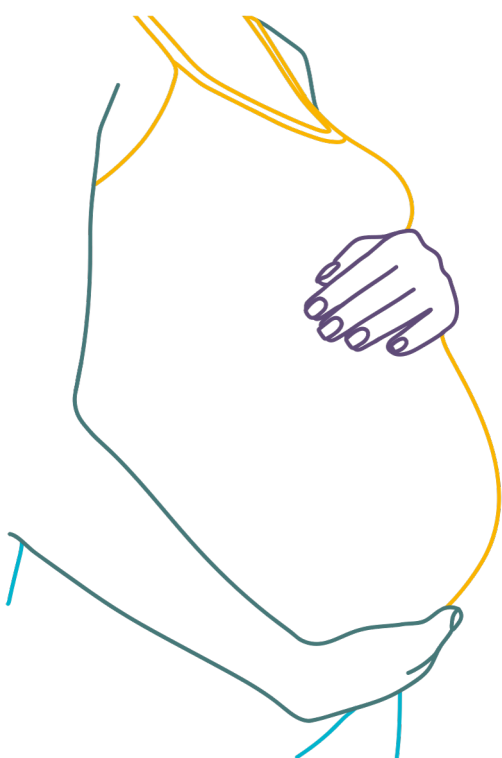
We fund and work with organisations that directly support babies, children, young people, their parents, carers, and wider families to help them provide the necessary and nurturing care they need to thrive. Beyond any moral perspective, this is a highly effective use of funding. Therefore, we were delighted to partner with the Scottish Government from 2020 to 2024 to deliver the Perinatal and Infant Mental Health (PIMH) Fund.

## The importance of ring-fenced funding for the perinatal period

The period from pregnancy to age three is critical for babies, parents, and caregivers. It is a time of increased pressure on mental health, and exposure to adversity, particularly the absence of nurturing relationships, can have long-lasting effects on a child's development. **It is a vital stage of life, and we must prioritise support for families.**

The PIMH Fund was part of the ambitions outlined by the Scottish Government in the 2018/19 Programme for Government to improve mental health services for women and families during pregnancy and up to age 3.

The Perinatal and Infant Mental Health Programme Board recognised the need for a spectrum of mental health services, and that the third sector is crucial to delivering services for women and families. The Board recognised that third-sector perinatal and infant mental health services needed development and sustaining as part of a critical spectrum of support for families. The PIMH Fund formed part of a dedicated investment in this stage of life in line with a vision to improve perinatal and infant mental health services across Scotland.



# Success from four years of investment

This report highlights the success of the four years of PIMH Funding for the third sector. The **34** funded charities made a measurable difference to the experiences and health of parents and infants through the dedicated delivery of community-based, non-stigmatising, and relationship-led support.

Because of the funding, over **10,000 parents had better access to support, reducing their isolation and helping them meet their children's needs.** Informed by lived experience, funded groups have been alongside families and responded to the unprecedented challenges of the COVID-19 outbreak and the cost-of-living crisis. They have adapted to an increased demand for their services and the increased severity of mental health symptoms and challenges families are facing.

**The four-year investment, focused on this time of life, was essential.** The multi-year commitment enabled us as fund managers to work alongside the funded portfolio and harness their expertise to support the broader Scottish Government PIMH delivery plan. We worked with funded groups to produce guidance on delivering and evaluating peer support, provided best practice case studies on stigma reduction, and shared their knowledge and expertise with cross-sector audiences through four national events. This work has raised the funding profile and awareness of what the third sector delivers.

As fund managers, we thank the Scottish Government for recognising the importance of investing in this stage of life and, most importantly, all charities involved in delivering the PIMH Fund. **Behind each number is a person, and your work has supported parents and carers at a crucial stage of their lives. The impact on Scotland's babies will be felt for decades to come.**

## What's next?

The PIMH Fund continues, and a new portfolio of 16 charities has received an 18-month funding commitment of £1.5m from the Scottish Government from October 2024. Funded groups continue to provide access to healthcare, services that listen, safe and baby-friendly spaces, and crucial support for parents and caregivers, supporting the implementation of the UNCRC and better access to justice for families and babies.

However, significant challenges remain for the third sector as it faces increased demand and ever-present short-term funding challenges. Charities report that the public sector is relying more and more on them to help meet families' mental health needs. We are gathering further evidence and will publish an Insight report on referrals and funding of PIMH third-sector services in spring 2025.







Image: Starcatchers, photography by Brian Hartley

## Why is Perinatal and Infant Mental Health important?

The perinatal period is a critical time in the lives of babies, parents and carers.

### Perinatal Mental Health

For parents, the perinatal period is through **pregnancy and the first year** after birth.

Having a baby is a time of huge change, which brings an increased risk of experiencing mental health challenges. It has been estimated that **up to 20% of mothers and up to 10% of fathers are affected at this critical stage of life**[1].

The 2024 MBRRACE-UK[2] report into maternal deaths, **shows mental health-related causes accounting for a large proportion (34%) of maternal deaths** occurring between six weeks and a year after the end of pregnancy.

The third sector provide support for parents with **mild-moderate mental health issues**, and work in close partnership with statutory services.

### Infant Mental Health

For babies, these first few years of life are a period of rapid growth and development, where the foundations are set for their lifelong physical, social, and emotional development. Infant mental health exists in the context of relationships. Of particular importance is the need for nurturing care, with a focus on supporting the quality of the caregiver or parent-child relationship as the best way to support babies' mental health.

Studies have shown that **investing at the earliest stages of a child's life brings the highest rate of economic returns**[3].



# PIMH fund overview



**October 2020 -  
September 2024**



**£3.8m invested**



**34 charities funded**



**16 via a Main Grant**

**18 via a Small Grant**



**16,200+ people  
supported**



**includes 6,000+  
babies supported**

## Types of Support

Funding provided for PIMH charities enabled the delivery of peer support, parenting support, counselling and training. Some funded charities offered multiple types of support, while others focused on one in particular.



### **Peer support: 26 organisations**

Delivered mostly through trained volunteers, and can either take place in a group setting or 1:1, in person, online or over the phone



### **Counselling support: 4 organisations**

Delivered by trained counsellors on a 1:1 basis, with support tailored to the individual and family



### **Parenting support: 19 organisations**

Delivered in group settings to give new parents guidance and support to improve confidence, increase wellbeing and improve the parent infant relationship



### **Training: 2 organisations**

Delivered to statutory and third sector organisations to improve outcomes for parents and families in the perinatal period



# Delivery example: tailored whole family support

**Action for Children's Blueprints service is based on the Isle of Lewis. Covering a unique and challenging geography, isolation is a factor affecting the mental health of families.**

Through 1:1 and group support, the service works alongside parents to understand each person's unique situation and provide tailored whole-family support to improve mental health and strengthen parent-child relationships.

The Blueprints team reported **high demand for services with the majority of families presenting with additional variable factors** such as needing attachment support, or help with family breakdowns and children with additional support needs.

**Isolation and financial worries are key concerns for families** and the emotional and practical support of Blueprints has been described as a 'lifeline' by parents benefiting from the service.

“

The Action for Children staff were always accessible. **I could talk to them about absolutely anything.** Sometimes when I felt overwhelmed, **we would meet up and go for a walk to talk things through.** I was also invited to group sessions where we could take the little ones and **meet other mums that were in similar situations.** Together we went on buggy walks, had swimming lessons, did arts and crafts, and received health advice. **It made me feel a lot less isolated as I was able to bond with the other mums and the children were able to make friends** for when they start nursery.

*- Mum supported by Action for Children*

”



Images: Action for Children



# Delivery example: support for families who are pregnant following baby loss

**Held In Our Hearts provides baby loss counselling and support to bereaved families.**

PIMH funding contributed towards the peer support programme to support parents and families who are pregnant after having experienced pregnancy and baby loss. Their online peer support group is run via WhatsApp and is overseen by four peer supporters.

A recent survey from Held In Our Hearts revealed that 33% of the families supported are subsequently pregnant and the organisation are seeing a growing demand for this support.

The complexity of pregnancy after loss was often misunderstood and overlooked, but **families are recognising their heightened anxiety and wellbeing during this time and asking for more help.**

## PREGNANCY AFTER LOSS SUPPORT



Images: Held In Our Hearts

“

I can't imagine where I would be without Katy's support. After the heart breaking loss of our beautiful son, navigating the pregnancy with our daughter was incredibly difficult.

**Katy's compassion, understanding, and unwavering support were invaluable during this challenging time.**

Her guidance helped me find **strength and hope** when I needed it most. I will be forever grateful for her presence in my life and for helping me through such a difficult journey.

- Parent supported by Held in Our Hearts

”



# Fund outcomes and impact

Throughout the four years of the PIMH Fund, charities reported the difference their activity made against the five fund outcomes:

1



Parents and caregivers with perinatal mental health issues have increased access to specialist care in the area they live

2



Parents and caregivers with perinatal mental health issues feel less isolated and better able to seek support from family, friends and their community

3



Parents and caregivers feel better able to meet the needs of their infants and children (physical, social, emotional and cognitive)

4



Parents and caregivers are better able to maintain a warm and secure relationship with their infant

5



Infants at higher risk of mental health problems are better supported by parents and caregivers.

The community-based support for families delivered by funded groups has **significantly contributed to all fund outcomes**. The positive impact for families includes reduced isolation and a stronger ability to maintain a warm and secure parent-infant relationship.





## Fund Outcome 1: Increased access to specialist care

16,286

people were supported through the Fund to access specialist care in the area where they live. This includes parents, carers, infants, and volunteers across both the small and main grants.

6,223

of the people supported were **babies and children**.

This significant level of output is primarily down to the ability of the third sector to deliver **community based, flexible, non-stigmatising and relationship-led support**.

This approach has enabled organisations to reach families who might otherwise not have sought support to **build trusted relationships**, providing a **listening ear and a 'safe space' for families** to be open and honest about their mental health. Third sector services work in close partnership with local NHS and statutory services, providing wrap-around care and advocacy support where needed.

“

If I hadn't attended these sessions, I wouldn't have accessed as many other services that were available to me in the area. It basically **opened the door to other support and made it easier to access**. It was the offer of massage skills that attracted me to the sessions, but it has offered me and my baby much more than those skills.

- Family feedback: Midlothian Sure Start

”



Image: Multi-Cultural Family Base



# Case Study: the benefits of specialist support

## CrossReach perinatal mental health counselling received PIMH funding to provide counselling support in Moray.

Below is the story of Sarah.

- Sarah's initial CORE score was 19, which indicates moderate psychological distress.
- Her score at the end of therapy was 4, which indicates healthy, low levels of distress.

Sarah, 23, was referred to **CrossReach** counselling by her Health Visitor, who felt she had unresolved bereavement issues after the loss of a close family member. After the birth of her son, **Sarah was overwhelmed and isolated and described previous feelings of wanting to hit herself or throw something**. This had reduced due to her medication but she was still getting frustrated with others. Her baby had reflux for the first month which she found challenging, adding to her stress.

Sarah attended face-to-face counselling at her local community hub. Each session was underpinned with empathetic communication and a person-centred approach, creating a safe space for her to share her thoughts and feelings. CrossReach began by examining the feelings related to her loss and gently unpacking her unresolved grief. As sessions progressed, Sarah and CrossReach challenged the defence mechanisms she had developed as a child and teenager and explored anger from her teenage years where she was bullied and betrayed, which she connected to her feelings of irritation with others who appear to be judging and misinterpreting her today.

At the end of therapy, Sarah was delighted with her progress. She reported she had a recent visit from her Health Visitor noting her baby is meeting all developmental markers and is doing well. She recognised they, as a family, are doing well, meeting the needs of her baby, which has increased her confidence in herself and her abilities.

Sarah gave the feedback **"I feel like my life has taken off again"**. She said **"I would recommend counselling to others as it worked for me. I can feel the change in myself. I am a more confident parent and partner and generally feel so much better."** Sarah was animated and excited about her future and had recently attended an interview to engage in a childcare course at a local University.





## Fund Outcome 2: Reduced isolation for families

Parents and carers have shared that the range of support from PIMH charities enabled them to have spaces and places where they felt safe, understood and welcomed. Even on their toughest days, the support provided gave them **the opportunity to bond with other parents and build a network for themselves and their babies.**

Charities' non-judgmental and non-stigmatising approach to delivering support is vital in enabling this, and **creating these safe spaces where parents feel heard and understood.**

# 82%

**of 6,498 parents** surveyed between April 2021 and September 2024 **responded that they felt less isolated as a result of the support they had received.**

“

Before this group, I didn't have any support networks in my family. **This group has now become my support network.**

- Family feedback: Healthy Valleys

”

“

I need this group weekly as I get more out of the group than I do with mental health services I use. **It's all about trust.** Home-Start Dundee has given me the **opportunities that I wouldn't be able to find anywhere else** and has helped me **grow my confidence** not only as a Mum but as a person.

- Family feedback: Home-Start Dundee

”



Image: Nurture the Borders



# Delivery examples: reducing isolation

**Amma Birth Companions** provides companionship and peer support to women facing barriers to maternity care, including refugees, asylum seekers and families living in poverty.

PIMH funding contributed towards their companionship programme which delivers **specialist, trauma-skilled, culturally safe care** from the third trimester of pregnancy, during birth, and for the first few weeks postpartum. The people they support share that this programme reduces their isolation, supports their wellbeing, and increases their confidence with knowing their rights, and with meeting their baby's needs. Many sharing that Amma is like family to them.

"Amma felt like my first family in Glasgow. **They gave me power and knowledge and hope** - I feel like a person who has rights and choices now and I am not afraid of anything."

"Before I wasn't sure of my future. I wasn't happy and afraid. **Meeting Amma helped me to relax and I had someone to rely on and share my feelings.** I was able to sleep knowing they had my back."

*- Mums supported by Amma Birth Companions*

**P.S. Dads Rock** is Scotland's first and only national peer support service to support Dads in the perinatal stage.

Through P.S. Dads Rock, new Dads are matched with trained volunteers who provide emotional support and are connected through a P.S. Dads Rock What's App group for peer support. Volunteers help new dads to recognise the supportive and caring actions they are already taking, help them to talk about their mental health with many sharing how this has supported them to feel better, and feel more confident meeting their baby's needs.

**When asked about their relationship with their baby following Dad's Rock support, Dads they had supported said:**

"I'm feeling **more comfortable having 1:1 time with baby**, can do more with baby now, more interaction"

"I feel a lot more confident so the time I do get with her, **I'm more engaged** and not feeling like I'm just sitting there. **I feel like the time I do have with her is better utilised** and that I'm not doing a terrible job."

*- Dads supported by Dads Rock*



## Fund Outcome 3: Better able to meet needs of children

Supporting parents and carers to feel less isolated, more confident, and have more supportive and safe networks allows them to **feel better able to meet the needs of their infants and children.**

# 82%

**of 6,869 parents** surveyed between April 2021 and September 2024 **reported feeling better able to meet the needs of their children as a result of the support they received.**

Many of the funded charities run parenting groups as a place of peer support and opportunities to learn skills such as baby massage. This supports parents' bond with their infants, their confidence and ability to meet their babies' needs, and **their focus on their relationship with them.**

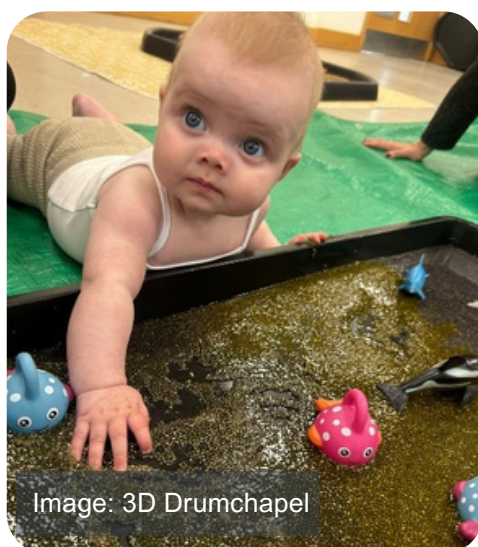


Image: 3D Drumchapel

“

I've had the best experience doing Baby Massage. **I've gained an amazing bond with my baby girl now** and can't thank this group enough. I've also been able to help my baby with her colic and reflux. **My confidence has also been boosted.**

- Family feedback: 3D Drumchapel

”

“

I feel the support has **changed my child's experience of the world.** I've had help with routines, met safe people and made mum friends.

- Family feedback: Home-Start  
Caithness

”



Image: 3D Drumchapel



# Delivery example: the importance of lived experience

The voice of lived experience has shaped the work of the third sector, with services involving families in the planning and delivery of mental health support.

The third sector have listened closely to families who need or have used their services and built and adapted support based on this feedback. This has led to services being closely attuned to the needs of families.

**LATNEM** was founded and led by parents with lived experience in response to a gap in service provision. Funded through the small grants programme, they offer lived experience-led peer support in Inverurie, Aberdeenshire, Elgin, Moray, and Aberdeen City. All of LATNEM's staff and volunteers have lived experience of perinatal mental health, and they believe it enables them to build a trusted and safe space to support others.

LATNEM's bi-annual membership survey, showed that **80% of service users report that their mental wellbeing has been maintained or improved since joining LATNEM and 90% of parents and carers with perinatal mental health issues feel less isolated** and better able to seek support as a result of attending LATNEMs peer support groups.



“

The meetings are the only parent groups I have felt comfortable enough to attend. The advice and guidance towards mental health services have felt lifesaving.

- LATNEM parent

”





## Fund Outcome 4: Maintaining warm and secure relationships

Parents and carers have shared that **PIMH support has given them the skills and space to build a secure and stronger connection with their baby**. Access to relationship-focused interventions has also increased their confidence as parents.

**86%**

**of 7,366 people surveyed showed an improved ability to maintain a warm and secure relationship.**

**“My relationship with my baby has become more intimate and relaxed”**

*- Family feedback: Multi-cultural family base*

**“Counselling has equipped me with more coping skills. I now feel a stronger connection with my baby and am enjoying parenting much more”**

*- Client feedback: CrossReach*

## Fund Outcome 5: Supporting infant mental health

Community-based support for babies and families enhances wellbeing and fosters warm and secure relationships within which babies can flourish. This is of particular importance for babies and parents who are at a higher risk of mental health problems, and **PIMH support has enabled early intervention through access to interventions** such as Video Interactive Guidance (VIG) to build strong relationships and secure attachment.

**82%**

**of 2,410 people surveyed showed improved in support for infants at higher risk of mental health problems**

**“Before starting VIG sessions, I didn’t feel like I had a connection with my baby. The sessions helped me see our small, positive interactions, and I began to trust myself as a parent. This confidence has transformed our relationship.”**

*- Family feedback: Nurture the Borders*





Image: Stepping Stones

## Developing Infant Mental Health support

**Over the four years of the PIMH Fund, our understanding of infant mental health and how the third sector supports the mental wellbeing of babies has grown.**

Infant mental health is not widely understood or discussed. We know that social interactions through safe relationships is the foundation for babies to learn and develop and the absence of nurturing relationships can have long-lasting effects on a child's development and emotional wellbeing.

The third sector are well placed to support with infant mental health and wellbeing. Many services now offer specific infant mental health support including 1:1 relationship support, Circle of Security and Video Interactive Guidance (VIG).

Backed by PIMH Funding this has enabled them to work in close partnership with specialist infant mental health services and several contributed to the creation of Scotland's voice of the infant best practice guidelines[4].

[Click here to view a short video about Infant Mental Health, featuring the work of Amma Birth Companions.](#)



# Contributing to the resilience of the sector

Inspiring Scotland has worked closely with funded organisations to enable a resilient and connected third sector.

- **1:1 support:** Working individually with organisations to help unlock opportunities or challenges
- **Portfolio events:** Quarterly online events to connect organisations and discuss key issues or topics facing the sector
- **Specialist Volunteer Network:** PIMH funded charities have benefited from £38,600 worth of support from Inspiring Scotland's SVN network - [click here to read Pregnancy Counselling & Care's story](#).
- **Informing Scottish Government:** Providing regular updates and six monthly reporting data to inform and influence policy and practice

"The support we receive from Inspiring Scotland **has been so valuable**. We enjoy participating in portfolio events as it allows us to meet with other organisations and provides a great source of networking with others.....Over the years the topics covered built on our knowledge and understanding and **enabled us to support families more effectively and connecting with the community and other services.**"

- Action for Children, Western Isles

## Wider Sector Support

In addition to supporting funded organisations, Inspiring Scotland has aimed to connect, inform and support the wider PIMH third sector. This has included:

- **National Events:** Delivery of five national events, including '[Babies in Scotland 2024](#)'
- **Improving Evaluation:** In partnership with PIMH charities and Evaluation Support Scotland, Inspiring Scotland created the [Perinatal and Infant Mental Health Peer Support Toolkit](#)
- **Programme Board:** On behalf of supported organisations, Inspiring Scotland presented regularly at the national PIMH programme board
- **Quarterly Newsletter:** Inspiring Scotland continues to run a quarterly PIMH newsletter for the sector
- **Directory of Services:** A national [database mapping third sector PIMH provision in Scotland](#)





# Reflections on fund delivery

This report highlights what was delivered through PIMH funding and celebrates the difference this has made for parents, carers and infants. Delivery has not been without challenges however, and support offered by funded groups has adapted over the four years to meet the needs of families.

## Increased Demand and Severity

Most charities funded through the PIMH Fund report an **increased demand for services, which has outstripped their capacity**. This is most acutely felt in areas with limited statutory provision.

The third sector builds strong and trusted relationships with families, often leading to additional disclosures. Over time, a charity can find that it is **'uncovering' the underlying issues or gaining a more accurate picture of the complex and interdependent issues** facing families and impacting their mental health.

These issues can include the impact of poverty, domestic abuse, housing issues, substance use, and childhood trauma. There is also additional and different support required for asylum seekers and refugees, those who are care-experienced, those who experience birth trauma, and support for parents or infants who have additional support needs.

This can often result in more in-depth support for extended periods, referrals to other agencies, and advocacy support.

When the PIMH Fund was established in 2020, the intention was to deliver 'mild-moderate' mental health support. In 2024, the majority of funded charities reported that clients are presenting with **more severe mental health symptoms**.

**Cross Reach Counselling**, for example, reported that from April 2024 to October 2024, **67% of clients presented with moderate to severe scores during the initial assessment**.

Specialist statutory PIMH services are not consistently available across each health board area. Some third-sector services have reported concerns that they are the only support available for families in their local area.

Third-sector services must have clear governance, support and supervision, as well as boundaries on who they cannot support for the safety of their staff, volunteers, and families. There is a concern that in some areas, the third sector is supporting those presenting with moderate to severe mental health symptoms who should also be receiving specialist statutory support.



# Reflections on fund delivery

Through the turbulence caused by COVID-19 and the cost of living crisis, both families and organisations continue to face significant financial pressures.

## Families in Poverty

Poverty is strongly associated with poor perinatal mental health. Women living in poverty are more likely to experience depression, anxiety, and other mental health conditions during pregnancy and after giving birth. The Scottish Government's Mental Health and Wellbeing Strategy states that poverty is the biggest driver of poor mental health overall[5].

**Poverty and financial struggles for babies and families have been reported as a significant challenge that groups are supporting families with.** Charities have had to deliver practical support (for example, nappies, formula, clothing, housing assistance, food, support with electricity, etc) before they can address their emotional needs.

“

The cost of living has continued to rise, and we make use of any free activities or gifts that we can for our families. The rising cost of living affects the ability to afford travel therefore we continue to meet transport costs for those families who may otherwise not be able to engage with our service or attend groups. We continually refer to food banks... and work closely with fuel providers and try to help families problem solve around budgeting.

– *Barnardos*

”

## Financial Pressures Facing Organisations

We know that there are severe financial pressures facing organisations, particularly the third sector, as they navigate short-term funding cycles.

Pressures include increased operating costs, volunteers unable to dedicate their time as they need to return to paid work, uncertainty about funding and an extremely challenging fundraising environment.

The support delivered by the PIMH-funded charities is highly effective in supporting babies and families, providing early intervention in community-based services within baby-safe spaces. To continue providing high-quality services at a level that meets demand, long-term, sustainable funding is vital.



## Concluding remarks

The PIMH fund has enabled more than 16,200 people to access third sector support. This support has reduced loneliness and isolation, improved wellbeing, and improved parent-infant relationships.

The PIMH-funded charities have demonstrated that **they are uniquely placed to work alongside families in communities and build trusted relationships at this critical stage of life.** This has been evidenced in outcome data collected throughout the programme's life, where all fund outcomes were reported as having an improvement of 80% or above.

While the third sector has clearly had a significant and positive impact on families, there are delivery challenges, particularly in terms of equity of provision, the complexity of mental health cases, increased demand, and the financial pressures facing families and organisations.

We will release an Insights Report in Spring 2025 following a survey conducted in February. The report highlights the current funding and referral landscape for PIMH third-sector services including feedback from referral agencies. **The support provided by third-sector services is a crucial component of Scotland being the best place to grow up. Ring-fenced, long-term funding at this stage of life is an important foundation for this.**



Images: Midlothian Sure Start



Inspiring Scotland and the Scottish Government would like to thank all staff and volunteers who work tirelessly across Scotland's third sector to ensure families and babies get off to the best start in life.

**Babies need the adults around them to be the advocates for their human rights.** Inspiring Scotland want to say a thank you to everyone involved on behalf of Scotland's youngest citizens who will feel the benefits of this support for decades to come.



## Funded charities

Thank you to all PIMH charities for their dedication to supporting babies and families. Thank you to all the babies and families for sharing the impact of this support on their lives and the importance of dedicated, community-based support during the perinatal period and first 3 years of babies lives.

### Main grants

- Aberlour Child Care Trust
- Action for Children
- Amma Birth Companions
- Barnardo's
- CrossReach (Community Connections)
- Healthy Valleys
- Home-Start Caithness
- Home-Start Dunfermline
- Home-Start East Highland
- Home-Start Glasgow North and North Lanarkshire
- Human Development Scotland
- Midlothian Sure Start
- PMH Borders
- Quarriers
- Stepping Stones North Edinburgh

### Small grants

- 3D Drumchapel
- Dads Rock
- Fathers Network Scotland
- Home-Start Aberdeen
- Home-Start Dundee
- Home-Start East Lothian
- Home-Start Glasgow South
- Home-Start Levenmouth
- Home-Start Renfrewshire and Inverclyde
- Held In Our Hearts
- Lets Talk North East Mums (LATNEM)
- Mellow Parenting
- MindMosaic Counselling and Therapy
- Multi-Cultural Family Base
- Nurture the Borders
- Pregnancy Counselling and Care (Scotland)
- Starcatchers Productions
- With Kids



# Endnotes

1. The Robertson Trust Maternal Mental Health Research Briefing
2. Economic rate of return: investing in the early years: Heckman Equation Resources
3. Estimates suggest that around 20% of mothers (Prevatt et al., 2018; Geller et al., 2018) and up to 10% of fathers (Cameron et al., 2016) experience poor mental health in the perinatal period
4. MBRRACE Report: <https://www.npeu.ox.ac.uk/assets/downloads/mbrance-uk/reports/maternal-report-2024/MBRRACE-UK%20Maternal%20MAIN%20Report%202024%20V1.0%20ONLINE.pdf>
5. Voice of the Infant: Best Practice Guidelines and Infant Pledge (Scottish Government)
6. Poverty and Mental Health: <https://www.gov.scot/publications/mental-health-wellbeing-strategy/pages/6/>

## Resources and Links

[Perinatal and Infant Mental Health Fund Update Report](#)  
[Mental Health and Wellbeing Strategy](#)  
[Mental Health and Wellbeing Strategy Delivery Plan](#)  
[National Performance Framework](#)  
[Women and Families Maternal Mental Health Pledge](#)  
[Infant Pledge and Voice of the Infant Best Practice Guidelines](#)  
[Getting it Right for Every Child](#)  
[Parent Club](#)



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Registered Office:  
14 New Mart Rd, Edinburgh EH14 1RLF  
T. 0131 442 8760  
E. [enquiries@inspiringscotland.org.uk](mailto:enquiries@inspiringscotland.org.uk)

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