Services for parents and children
We are a multi-disciplinary team and provide a range of interventions to address both a parent’s mental health difficulty and the way they understand and relate to their child.
We provide:
- Individual therapy for parents
- Parent-infant therapeutic work
- Parent-child interaction work
- Mellow parenting groups
- Therapeutic groups
- One off workshops on common mental health issues and how to manage them

Services for professionals
- Consultation regarding families and parental mental health issues
- Training in adult and child mental health for professionals working with children in Islington

Location
Parents and children are seen at children’s centres or community locations. Some services can also be provided at the family home.

Referrals
Growing Together
Tel: 020 3316 1824
Email: growingtogether@nhs.net

Information for parents
www.whittington.nhs.uk/growingtogether
A parent information leaflet is available on our website in: English, Bengali, French, Italian, Somali, Spanish and Turkish.
Interpretors are available on request.

Patient advice and liaison service (PALS)
If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

Working in partnership with Camden and Islington NHS Foundation Trust.

Whittington Health
Magdala Avenue
London
N19 5NF
Tel: 020 7272 3070
Web: www.whittington.nhs.uk

Date published: 04/06/2015
Review date: 04/06/2017
Ref: Wcf/Pae/Gtr/02

©Whittington Health
Please recycle
Aims of the service
Growing Together provides therapeutic support to mothers and fathers and their children aged one to five. It aims to help professionals identify parental mental health issues and make appropriate referrals at an early stage. We are committed to holding both the parent and child in mind and attending to both their needs in our work with them.

Referral inclusion criteria
• The parent has consented to being referred to our service.
• The parent has mental health needs or is experiencing psychological distress and the child also has needs.
• The child is aged between one and five
• They live in Islington or have an Islington GP

Referral Exclusion Criteria
• Parent requires secondary care mental health services (e.g. has significant mental health issues and/or severe risk issues)
• Only parent or child has needs, or where another service would be more suitable.

Possible signs of distress or difficulties in young children:
• Shows very little emotion
• Extremely fearful, wary or watchful
• Lack of interest in world or unresponsive to stimulation
• Avoids parent/poor eye contact with parent/does not seek comfort
• Extreme sadness, cannot be comforted easily by parent
• Extreme sadmess, cannot be comforted easily by parent
• Difficulties separating from parents/clingy
• Excessively aggressive behaviours
• Impulsive or hyperactive behaviours
• Absence of or unusual self-soothing behaviours
• Compulsive, repetitive behaviours
• Sleep, feeding or toileting difficulties
• Language or developmental delay

Common signs of distress in mothers and fathers:
• Feeling stressed, overwhelmed or not knowing what to do
• Low mood (being sad, tearful, struggling to perform daily living activities, lack of energy, negative thoughts, feeling like a failure, little pleasure in life)
• Anxiety (fear of harm coming to self or others, excessive worry, avoidance of certain activities)
• Obsessive compulsive thoughts and behaviours (checking or washing rituals, preoccupation with food)
• Feeling detached from their child, a lack of pleasure and pride in their child’s development
• Easily frustrated and irritated with others, including their child
• Couple relationship difficulties