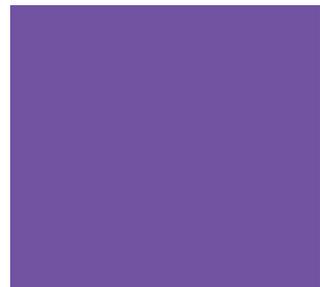


#weareNHFT

# SPECIALIST PERINATAL MENTAL HEALTH SERVICE



📞 01604 657735

🌐 [nhft.nhs.uk/perinatal](https://nhft.nhs.uk/perinatal)



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

## WHAT IS THE SPECIALIST PERINATAL MENTAL HEALTH SERVICE?

We provide assessment and treatment for women who are experiencing or are at an increased chance of experiencing a severe mental health condition during pregnancy and up to one year after birth (known as the perinatal period).

We provide support for a range of mental health conditions including:

- Bipolar Disorder
- Postpartum Psychosis and other psychoses
- Severe Depression, Anxiety and Obsessive Compulsive Disorder (OCD).

We also offer:

- Pre-conception counselling for women who have previously experienced a severe mental illness and would like to plan a pregnancy
- Assessment and advice to women with a significant family history of mental health conditions.

## OUR SERVICE

Our multidisciplinary team is made up of specialist perinatal mental health nurses, occupational therapist, clinical psychologist, community nursery nurses and a consultant perinatal psychiatrist.

We also work closely with other services including midwifery and health visiting.

A member of our team will meet you to assess your mental health and consider which service can best meet your needs. This may involve asking questions about your current situation, pregnancy, birth experience and background.

The team see women in a variety of locations such as antenatal clinics, children centres and their homes according to women's needs or wishes. The team work closely with other professionals to ensure women and their families receive the most appropriate care and interventions. This may include ongoing treatment and support from our team or signposting to other services.

What we offer:

- Pre-conception counselling
- Joint meetings with maternity and obstetric staff
- Prescribing advice during pregnancy and breastfeeding
- Joint planning to promote wellness and reduce the likelihood of relapse
- Assessment and signposting on to appropriate intervention and services

- Evidence based psychological interventions
- Telephone advice to professionals
- Evidence based parent infant interventions
- Education and training to staff working with women during the perinatal period
- Community nursery nurse interventions
- Occupational therapy interventions

We may ask you to complete a range of forms and questionnaires both during assessment and ongoing treatment. This helps us measure progress and evaluate the interventions we are providing.

## HOW TO ACCESS THIS SERVICE

Referrals can be made by any health professional working with a woman including midwives, health visitors, GP's, hospital based teams and mental health services. We accept referrals up to 9 months following delivery.

A member of the clinical team is available to discuss potential referrals during working hours.

Our office hours are Monday to Friday 9am to 5pm. During this time you can call us on 01604 657735.

Referrals will be allocated for assessment and you will be contacted to arrange a convenient time and location to be seen.

## DISCHARGE FROM THE SERVICE

We can work with you up to one year after you have your baby. You may be discharged earlier than this if your mental health improves or you no longer require support from our service. You will be supported to access the most appropriate service to meet your needs, this may include your GP or other secondary care services.



If you have any concerns please discuss these with the professionals involved in your care or request to speak to the service manager on 01604 657735.



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Northampton  
NN1 3EB  
Telephone: 01604 657735  
[www.nhft.nhs.uk/perinatal](http://www.nhft.nhs.uk/perinatal)

Crisis and Telephone  
Support Service (CATSS)  
line is available 24 hours a  
day on 0800 917 0464.

Inspected and rated

Outstanding



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফ্লেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli potrzebujesz tego ulotka w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.