**Perinatal Mental Health Services and Sources of Support**

**For Birmingham and Solihull**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Contact details:Mon to Fri 9am to 5pm call on **0121 301 2030**.Out of hours: 0121 262 3555 for advice and support.**Perinatal Team East**(covering North, East Birmingham and Sutton Coldfield)Email: bsmhft.perinataleast@nhs.netTelephone: 0121 301 2030 (option 1)**South Perinatal Team**Email: bsmhft.perinatalmh-bwh@nhs.netTelephone: 0121 301 2030 (option 2)**West Birmingham Perinatal Team**Email: bsmhft.perinatal.swb@nhs.netTelephone: 0121 301 2030 (option 3)**Solihull Perinatal Team**Email: bsmhft.perinatal.solihull@nhs.netTelephone: 0121 301 2030 (option 4) | **Referrals can only be made by a health professional and with mother’s knowledge and consent.**Support for range of MH difficulties including:• bipolar disorder• postpartum psychosis• tokophobia• depression• anxiety• obsessive-compulsive disorder (OCD)• bonding difficulties.**Urgent Referrals**If a woman is experiencing any of the following (during pregnancy or up to 1 year postnatally):* symptoms of psychosis (including confusion, bizarre or out of character behaviour)
* recent significant changes in mental state
* new thoughts or acts of violent self-harm
* new and persistent expressions of incompetency or estrangement from the infant
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| Urgent referrals contact:Out of hours: **0121 262 3555** for advice and support. |
| Comprehensive info for parents on PNMH service, different types of PNMI, resources etc.<https://www.bsmhft.nhs.uk/our-services/specialist-services/perinatal-mental-health-service/> |
| The Maternal Mental Health Service (MMHS) supports those who have experienced perinatal loss and have associated mental health difficulties.<https://www.bsmhft.nhs.uk/our-services/specialist-services/the-maternal-mental-health-service/> |
| **Birmingham Forward Steps** https://bhamforwardsteps.co.uk/support-for-families/ |
| **Local Charities and Peer Support** |
| **Acacia Family Support** [www.acacia.org.uk](http://www.acacia.org.uk) Tel: 0121 301 5990 pre and postnatal depression support services including for Dads, LGBTQ+, and young parents. |
| **Birmingham Mind** <https://birminghammind.org/> |
| **EHSAAS** For Pakistani women living in Hall Green, Hodge Hill, Perry Barr and Ladywood districts. They provide culturally sensitive, language appropriate, tailored support through one-to-one help, sign-posting and peer support through trained volunteers. Email: bfs.ehsaas@spurgeons.org For referrals only, email: bchc.bfs.ehsaas@nhs.net |
| **National Charities** |
| MMHA (Maternal Mental Health Alliance) www.maternalmentalhealthalliance.org |
| PaNDAS (PND Awareness and Support) [pandasfoundation.org.uk](https://pandasfoundation.org.uk/) FREE helpline number 0808 1961 776 |
| APNI (Association for Post Natal Illness) apni.org 0207 386 0868 (10.00am - 2.00pm M-F) |
| Action on Postpartum Psychosis app-network.org |
| Maternal OCD maternalocd.org |

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