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

**For Black Country**

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| **Perinatal Mental Health Team** | PNMH referral criteria |
| Routine referrals via Single Point Access**Wolverhampton SPA: 01902 445810****Walsall EAS: 01922 608850** | **Direct referrals to PNMH team only accepted from MH services, primary care MH, psychiatric liaison, IAPT, specialist midwives.** **Refer with mother’s knowledge and consent.****Urgent Referrals**If a woman is experiencing any of the following (during pregnancy or up to 1 year postnatally):* symptoms of psychosis
* 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:Urgent assessment completed by SPA/EAS and referral on to specialist perinatal team if appropriate via email to bchft.perinatal@nhs.net |
| **Local Charities and Peer Support** |
| **Moms Mindful Hub**- Dudley momsmindfulhub@rethink.org  |
| **NHS Talking therapies** - https://www.blackcountryhealthcare.nhs.uk/talking-therapies  |
| **The Recovery college**- https://www.therecoverycollege.co.uk/ |
| **DadPad**- https://www.dudleyparents.co.uk/dadpad |
| **Acacia**- https://www.acacia.org.uk/young-parents/  |
| **Pregnancy in Mind Wolverhampton**- https://www.nspcc.org.uk/keeping-children-safe/our-services/national-regional-hubs/#midlands |
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| **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 |