**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 |
| 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](mailto: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 | |