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

**For Coventry and Warwickshire**

|  |  |
| --- | --- |
| **Perinatal Mental Health Team** | PNMH referral criteria |
| **For routine referrals** complete [web form](https://www.covwarkpt.nhs.uk/download.cfm?doc=docm93jijm4n6102.pdf&ver=8305) available at [www.covwarkpt.nhs.uk/perinatal-mental-health-professionals](http://www.covwarkpt.nhs.uk/perinatal-mental-health-professionals)  and email to [PMHT@covwarkpt.nhs.uk](mailto:PMHT@covwarkpt.nhs.uk) | **Referrals can only be made by an HCP and with mother’s knowledge and consent.**  Routine referrals for support with issues such as birth trauma, depression, anxiety, intense fear of childbirth, OCD, medically complicated pregnancies, experience of perinatal loss.  **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 |
| Urgent referrals contact:  Refer immediately by phone **024 7621 2176**  9-5 Mon–Fri  Out of hours: refer to Mental Health Access Hub Tel **0300 200 0011**  The team will decide whether an emergency assessment (within 4 hours) is needed. |
| **Local Charities and Peer Support** | |
| **Parents in Mind** for peer group support.Call Bella on 07885 975261 or email on parentsinmind.wc@nct.org.uk | |
| **By Your Side** for peer support. Website byyoursideperinatal.co.uk or email on hello@byyoursideperinatal.co.uk | |
| **FWT MAMTA** Online weekly peer support group for Coventry mums from BAME background. Contact Surindar Nagra 07399 504051 or (024) 7663 7693 surindar.nagra@fwt.org.uk | |
| **Parents in Mind** peer support groups in Coventry, Leamington, Stratford, Nuneaton and Rugby**.** ContactSarah Hislam on 07885975261email: [parentsinmind.wc@nct.org.uk](mailto:parentsinmind.wc@nct.org.uk) | |
| **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 | |

****