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

**For Coventry and Warwickshire**

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| **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 | **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
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| Urgent referrals contact:Refer immediately by phone **024 7621 2176** 9-5 Mon–FriOut 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 |
| **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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