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

**For Hereford and Worcestershire**

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| **Perinatal Mental Health Team** | | **PNMH referral criteria** |
| **Herefordshire**: 01432 220445 9-5, M-F (not BHs) email [whcnhs.herefordperinatalmentalhealthservice@nhs.net](mailto:whcnhs.herefordperinatalmentalhealthservice@nhs.net)  **Worcestershire:** 01905 734531 9-5, M-F (not BHs) email  [whcnhs.worcsperinatalmentalhealth@nhs.net](mailto:whcnhs.worcsperinatalmentalhealth@nhs.net)   or via SPA: 01905 681477 | | Health and social care professionals can refer direct to PNMH team.  Refer with mother’s knowledge and consent.  Must meet **one** of the following criteria:  • severely mentally unwell during pregnancy or within one year of  childbirth  • past history of severe mental illness  • past history of PNMI  • family history, in 1st deg relative, of bipolar  • assessment for tokophobia (significant fear of childbirth) |
| Urgent referrals contact:  Working hours: PNMH team direct as above.  Out of hours contact: Psychiatric Assessment Team 01905 681915  Urgent referral criteria:  If a woman is experiencing any of the following (during pregnancy or up to 1 year postnatally):   * symptoms of psychosis (incl. confusion, rapid changes, acting out of character) * 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 | |
| **Local Charities and Peer Support** | | |
| **Herefordshire** | **Worcestershire** | |
| **Healthy Minds** (formally IAPT) https://www.talkingtherapies.hwhct.nhs.uk | **Healthy Minds** (formally IAPT) https://www.talkingtherapies.hwhct.nhs.uk | |
| **Beacon MMHS –** whcnhs.maternalmhs@nhs.net 01905 520410 | **Beacon MMHS –** whcnhs.maternalmhs@nhs.net 01905 520410 | |
| **Bereavement support:** The Madison Shelbie Trust – madisonshelbietrust@gmail.com | **Becoming Families –** becomingfamilies.co.uk | |
|  | **Cedar Tree** support with pregnancy choices and loss – support@cedartree.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 | | |