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

**For Hereford and Worcestershire**

|  |  |
| --- | --- |
| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| **Herefordshire**: 01432 220445 9-5, M-F (not BHs) email whcnhs.herefordperinatalmentalhealthservice@nhs.net**Worcestershire:** 01905 734531 9-5, M-F (not BHs) emailwhcnhs.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 ofchildbirth• 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 681915Urgent 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 |