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

**For Leicestershire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| For those living in Leicester, Leicestershire and Rutland. Please read referral guide at <https://www.leicspart.nhs.uk/wp-content/uploads/2022/12/LPT-Perinatal-Mental-Health-Serivce-Referral-criteria-guidance-for-referrers-Sept-2022.pdf>Referrals sent by email to lpt.perinatalreferrals@nhs.netOffice open 9am-5pm Monday to Friday.Duty worker available for advice 9am-4.30pm Monday to Friday on **0116 225 6846**. | **Referrals can only be made with Mother’s knowledge and consent.**For parents with:* Moderate to severe mental health conditions
* A history of serious mental health difficulties and who are planning a pregnancy or are pregnant
* A family history of serious mental health difficulties such as bipolar disorder or postpartum psychosis.

For support with moderate to severe difficulties related to birth trauma, baby loss, and tokophobia, please see <https://www.leicspart.nhs.uk/service/maternal-mental-health-service/>**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:For maternity inpatients - contact the psychiatric on call rota systemFor women in the community - contact the GP or NHS 111Mental Health Central Access Point is a 24/7 phone helpline **0808 800 3302** |
| **NHS Talking Therapies**<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/> |
| **Mum’s Mind** Perinatal mental health support service (NHS) via text message**07507 330 026** Monday to Friday between 9am and 4pm, excluding bank holidays. All texts will be responded to by a member of the perinatal mental health team within 24 hours. |
| **Local Charities and Peer Support** |
| List of support services for parents, families and mental health at<https://www.rflifelinks.co.uk/carers-parenting/> |
| **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 |