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

**For Lincolnshire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Routine referrals contact:  **Lincolnshire** PNMH team on 01522 309540.  **Out of hours 0303123 4000**  Email via lpft.perinatalcmht@nhs.net  **North and North East Lincolnshire** PNMH team  01482 738060 / 01482 336837  Download referral form from humber.nhs.uk and email to [hnf-tr.perinatalmentalhealthteam@nhs.net](mailto:hnf-tr.perinatalmentalhealthteam@nhs.net)  M-F 9am – 5pm. Ring to discuss referral prior to sending with team duty cover, via admin’ 01482 336837.  Call SPA if out of hours and urgent. | Referrals can only be made with the mother's knowledge and consent, by a GP, obstetrician, health visitor or midwife.  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 |
| Can also go via **North Lincolnshire** Mental Health Access Team 01724 382015.  Or **North East Lincolnshire** Single Point of Access on 01472 256256. | |
| **Lincolnshire Talking Therapies** accessed via SPA 0303 1234000 lincs.spa@nhs.net [www.lincolnshiretalkingtherapies.nhs.uk](http://www.lincolnshiretalkingtherapies.nhs.uk) (formally steps2change)  Priority pathway in place in perinatal period and babies able to attend. | |
| **Local Charities and Peer Support** | |
| **Calms** meets weekly or biweekly at various locations around Lincolnshire, ran by 3 peer support workersand **Steps to recovery** is an online support group run by support workers and OTs, both supported by <https://www.lpft.nhs.uk/our-services/adults/perinatal-mental-health> | |
| **Every Mum Matters** [www.everymummatters.com](https://www.everymummatters.com) in North/NE Lincolnshire covered by Navigo and RDASH (different MH Trusts to LPFT which is the main provider in Lincolnshire). | |
| **How Are You Lincolnshire** comprehensive list of local groups and charities for support across the county, search by locality or type of support. https://haylincolnshire.co.uk/support/ | |
| **Birth After Thoughts** (birth experience listening service) 01476 464 334 This needs careful consideration as to whether patient would benefit from Perinatal Trauma and Loss Care service instead. | |
| **Perinatal Trauma and Loss Care Service** - lpft.p-tlcservice@nhs.net; 01522 309540 | |
| Coming soon…**Perinatal specific Recovery College courses** - Recovery College (lpft.nhs.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 | |

**North East Lincolnshire:**

* Leanne Ellis – perinatal mental health midwife – 03033 305993 or email: [Leanne.ellis@nhs.net](mailto:Leanne.ellis@nhs.net).
* Lyndsey Hackett – perinatal mental health midwife – 03033 304799 or email: [Lyndsey.hackett@nhs.net](mailto:Lyndsey.hackett@nhs.net)
* Harrison House – 01472 252366
* Navigo Single Point of Access 24 hours – 01473 256256 option 3.
* Community Mental Health Team – 01472 806800
* Open Minds Grimsby – 01472 625100
* Hull perinatal mental health specialist team – 01482 336837

**Lincolnshire:**

* Steps to Change Louth – 01507 607383
* Perinatal Mental Health Team – 01522 340160
* Single point of access Lincs 24hrs – 0303 1234000
* Perinatal mental health team – 01522 309540

**North Lincolnshire:**

* Leanne Ellis – perinatal mental health midwife – 03033 305993 or email: [Leanne.ellis@nhs.net](mailto:Leanne.ellis@nhs.net).
* Lyndsey Hackett – perinatal mental health midwife – 03033 304799 or email:[Lyndsey.hackett@nhs.net](mailto:Lyndsey.hackett@nhs.net)
* Great Oaks – 01724 382000
* North Lincs Access Team 24 hours – 01724 382015
* North Lincs IAPT ‘Talking Shop’ – 01724 867297
* Goole – ‘Emotional wellbeing service’- 01482 335451
* Mental Health Response Team – 24 hrs 01482 216624

**Perinatal mental health specialist team – 01482 738060**.