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

**For Northamptonshire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Routine referrals:  Online form at  <https://www.nhft.nhs.uk/specialist-perinatal-service-and-maternal-loss-psychology-service-referral>  PNMH Service open Mon to Fri 9am and 5pm. Telephone: **03000 270 480**  Email: Perinatal@nhft.nhs.uk | **Referrals can only be made by a health professional and with mother’s knowledge and consent.**  **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 |
| Urgent referrals contact:  **Tel: 03000 270480** |
| Range of resources for patients and parents at https://www.nhft.nhs.uk/perinatal/ | |
| **Local Charities and Peer Support** | |
| **Flourishing Babies** emotional and practical support up until child is two years. For low mood, anxiety, self-esteem and confidence issues, postnatal depression, difficulties with bonding and attachment, premature birth, still birth or miscarriage, recovery from a challenging birth, adjusting to life with twins, triplets etc, concerns about parenting. Download referral form at <https://www.family-action.org.uk/what-we-do/children-families/flourishing-babies/> and email to [flourishingbabies@family-action.org.uk](mailto:flourishingbabies@family-action.org.uk) | |
| **No Mum left behind Northampton.** Private Facebook group for support and meet ups, email: nomumleft@gmail.com | |
| **Northamptonshire Children’s Trust** offering parental relationship support, parenting support programmes. Email: CFSS@nctrust.co.uk  <https://nctrust.co.uk/support-for-children-and-families/> | |
| **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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