**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
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| 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 |
| **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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