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

**For Nottinghamshire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Routine referrals contact:Nottinghamshire PNMHT Tel: **0115 9529477**9am - 5pm Monday – FridayOr email:PerinatalCommunityReferrals@nottshc.nhs.uk | **Referrals can only be made with Mother’s knowledge and consent.**For women with mod-severe MH difficulties such as:* schizophrenia or bipolar
* moderate to severe anxiety
* moderate to severe depression
* Post Traumatic Stress Disorder
* an eating disorder
* previous perinatal mental illness

**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
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| Urgent referrals contact:Out of hours Crisis Team **0808 1963779** |
| **Mother and Baby Unit** (referral via the PNMH team) **Hopewood, Nottingham** |
| **Nottinghamshire Talking Therapies** (self refer online or by phone)**Tel: 0333 188 1060** [**https://notts-talk.co.uk/**](https://notts-talk.co.uk/)Lines open Monday-Thursday 8am-8pm and Friday’s 8am – 4.30pm |
| **Local Charities and Peer Support** |
| **Notts help yourself** Nottinghamshire County Council Children’s Services <https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service/our-services#needmoresupport> |
| **Perinatal trauma and bereavement service** https://www.nottinghamshirehealthcare.nhs.uk/the-nottinghamshire-perinatal-trauma-bereavement-service-ptbs/ |
| **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 |