**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 – Friday  Or email:  [PerinatalCommunityReferrals@nottshc.nhs.uk](mailto: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 |
| 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 | |