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

**For Shropshire, Telford and Wrekin**

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| --- | --- |
| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Routine referrals contact:  **Tel: 0300 303 4132**  M-F, 9-5pm (except BHs)  Referral form available at [www.mpft.nhs.uk/services/mental-health-perinatal-community-shropshire](http://www.mpft.nhs.uk/services/mental-health-perinatal-community-shropshire)  Email **perinatal.shropshirecommunity**  **team@mpft.nhs.uk** | **Referrals can only be made by an HCP and with Mother’s knowledge and consent.**  For women with:   * schizophrenia or bipolar * moderate to severe anxiety * moderate to severe depression * Post Traumatic Stress Disorder * an eating disorder * previous perinatal mental illness |
| Urgent referrals contact: **CRISIS: 0808 196 4501**  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 | |
| **The Lighthouse Service** (NHS talking therapies)supports women, birthing persons and support partners in Shropshire and Telford & Wrekin whose mental health has been adversely affected by their birth or maternity experience. They may be experiencing loss, grief or trauma, or have a fear of childbirth.  Download referral form at www.mpft.nhs.uk and email to lighthouse@mpft.nhs.uk | |
| **Local Charities and Peer Support** | |
| **SeaChange** Contact [info@theseachangetrust.co.uk](mailto:info@theseachangetrust.co.uk) Weekly drop in talk and play – parents can chat with other parents and specialists in a supportive environment in Shrewsbury and Telford. | |
| **Shropshire MIND Shropshire Mental Health Support (shropshiremhs.com)**  24 hour telephone support. 01743 368647 Text 86463  Weekly timetable of events women only groups, crafts, singing, calm cafes. Shrewsbury and Oswestry. | |
| **Birth reflections service** [**www.sath.nhs.uk**](http://www.sath.nhs.uk)online form | |
| ***See supplementary resources for full list.*** | |
| **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 | |

**Shropshire – Signposting options**

Psychological support

***NHS Talking Therapies***

Self referral, identified goals.

***Shropshire, Telford & Wrekin Staff Psychological Wellbeing Hub***

Open to all members of NHS and social care workforce employed by organisations in Shropshire and Telford and Wrekin.

Webpage - [Staff Psychological Wellbeing Hub (stwtraininghub.co.uk)](https://stwtraininghub.co.uk/staff-psychological-wellbeing-hub)

Self referral - 07890 066445 [stwstaffwellbeing@mpft.nhs.uk](mailto:stwstaffwellbeing@mpft.nhs.uk)

***Seachange***

Drop in talk and play – parents can chat with other parents and parent infant specialists in a supportive environment. Term time Monday between 10am – 3pm in the Quarry Park in Shrewsbury in our Bell Tent and on a Wednesday morning between 10 – 12 at The Pavilion Community Hub and Library. Buggy Walks and Talks take place in the Quarry Park at 10am every Monday

Mental Health Support

***Shropshire MIND***[Shropshire Mental Health Support | Mental Health Shrewsbury & Telford (shropshiremhs.com)](https://www.shropshiremhs.com/)

24 hour telephone support. 01743 368647 Text 86463

Weekly timetable of events women only groups, crafts, singing, calm cafes. Shrewsbury and Oswestry

TRIM pathway (Trauma Resilience Management) for employees in Adult social care and NHS [TRIM PATHWAY - Shropshire MHS](https://www.shropshiremhs.com/services/trim-pathway/)

Health Visiting

Open access clinic. Every Tuesday 9.20m- 12.30 Sunflower House, SY1 4ES. No appointment required.

Text health visitor – 07520 635212

Mums in Mind Group – Variable times, would need to check as they run dependant on capacity and need.

Family/Parent Support

***Solihull Approach*** *–* Understanding pregnancy, labour, birth and your baby and Understanding your baby.

Online programme- antenatal and postnatal course aimed at building a strong, health relationship with baby. Go to [www.inourplace.co.uk](http://links.govdelivery.com/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTYwOTI3LjY0MjYzNDUxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDkyNy42NDI2MzQ1MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2Nzk1MDA0JmVtYWlsaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ1c2VyaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ0YXJnZXRpZD0mZmw9Jm12aWQ9JmV4dHJhPSYmJg==&&&102&&&https://inourplace.co.uk/). Free code DARWIN

***Shropshire Strengthening Families (Early Help):***

<https://www.shropshire.gov.uk/early-help/>

Relationship Support

Face to face course – Working on your relationship. Offered by Parenting Team 4-week course to attend either with partner or individually. Information email - [getonbetter@shropshire.gov.uk](mailto:getonbetter@shropshire.gov.uk)

Virtual – Understanding your relationship. Covers feelings, communication, and conflict in relationships, anger and repair. Code DARWIN 18 for free access

<https://inourplace.heiapply.com/online-learngin/course/53>

*U&I Counselling in Oswestry* is a voluntary counselling organisation run by a group of local professional counsellors. U&I Counselling also offer couples / family and relationship therapy, and the minimum donation for this therapy is £10. [info@uandicounselling.org.uk](mailto:info@uandicounselling.org.uk) [U&I Counselling (Oswestry) - Shropshire Community Directory - Shropshire Council (openobjects.com)](http://search3.openobjects.com/kb5/shropshire/cd/view.page?record=ynYbXB6DYFI)

Virtual - ***One Plus one*** courses.

Arguing Better – for couples experiencing high levels of stress. <https://www.oneplusone.org.uk/parents>

Me, You and Baby Too – supports parents navigate the changes in their relationship when a baby arrives. <https://www.oneplusone.org.uk/parents>

Breastfeeding Support

[www.breastfeedingnetwork.org.uk/shropshire](http://www.breastfeedingnetwork.org.uk/shropshire)

National helpline -0300 100 0212 9.30am to 9.30pm. Local breastfeeding groups - [Local Breastfeeding Groups (padlet.com)](https://padlet.com/BfNShropshire/local-breastfeeding-groups-8oyhq10rfa1juiay)

Eating Disorders

Severnfields – 0300 303 3426

Referrals e-mail –[**mpft.edsshropshire@nhs.net**](mailto:mpft.edsshropshire@nhs.net)

Substance Misuse

***With you in Shropshire /Shropshire Recovery Partnership***

01743 294700 **Email:** [srpinfo@wearewithyou.org.uk](mailto:srpinfo@wearewithyou.org.uk)

Bereavement

***Cruse*** – Shropshire, Telford and Wrekin Email: [shropshire@cruse.org.uk](mailto:shropshire@cruse.org.uk) Telephone: 0845 606 6812

**Sexual Abuse -**

***Axis Counselling for Sexual Abuse***

01952 278000

Trauma On-line Course

*Solihull Approach* This has been developed by a team of experienced NHS psychologists and professionals. Understanding your own trauma.

‘It offers a safe and accessible way for you to explore your own experiences and gain a deeper understanding of trauma’s impact on your life’.

<https://inourplace.heiapply.com/online-learning/course/116?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo>

Free- Use Access code DARWIN 18

Birth Reflections

From 6 weeks onwards. Book on-line [Birth Reflections Service - SaTH](https://www.sath.nhs.uk/wards-services/az-services/maternity/patient-info/birthreflectionsservice/#:~:text=Birth%20Reflections%20is%20available%20for,with%20a%20specially%20trained%20midwife.)

Twins

**Twins club,** Local friendly group, expectant and parents of multiples welcome.

[www.twinsclub.co.uk](http://www.twinsclub.co.uk)

***Shrewsbury Multiples matter*** Group, Sunflower House, SY1 4ES Telephone: 07818587777

**Autism**

***Autism hub.*** Calm café 10am – 3pm Tues – Thursdays. Louise House [Shropshire Autism Hub – A4U](https://a4u.org.uk/our-work/shropshire-autism-hub/)

Education, training and employment

***Enable -*** **01743 276900** [Contact - Enable. Supported Employment Services (enableservices.co.uk)](https://enableservices.co.uk/contact/)

Leaflets –

<https://www.selfhelpguides.ntw.nhs.uk/mpft/>

Recovery College

[Wellbeing & Recovery College :: Midlands Partnership University NHS Foundation Trust (mpft.nhs.uk)](https://recovery.mpft.nhs.uk/)

**Telford – signposting options**

Psychological support

***NHS Talking Therapies***

Self referral, identified goals.

***Seachange –***

Drop in talk and play Bell Tent – parents can chat with other parents and parent infant specialists in a supportive environment. Term time Tuesdays 10am – 2pm. Telford Town Park, near visitors centre.

***Shropshire, Telford & Wrekin Staff Psychological Wellbeing Hub –***

Open to all members of NHS and social care workforce employed by organisations in Shropshire and Telford and Wrekin.

Webpage - [Staff Psychological Wellbeing Hub (stwtraininghub.co.uk)](https://stwtraininghub.co.uk/staff-psychological-wellbeing-hub)

Self referral - 07890 066445 [stwstaffwellbeing@mpft.nhs.uk](mailto:stwstaffwellbeing@mpft.nhs.uk)

Mental Health Support

***TACT Listening Service –***

Branches. Offered to those who are experiencing situational based mental health anguish or acute stress, a recent bereavement. Financial difficulties or relationship breakdown. Strickland House, Wellington TF1 3BX Tel: 01952 899204

Outreach facility Up to 6 sessions in own home. Self referral – https//tactteam.org.uk/outreach/

**Shropshire Mind**

[Shropshire Mental Health Support | Mental Health Shrewsbury & Telford (shropshiremhs.com)](https://www.shropshiremhs.com/)

***ACCI – African Caribbean Community Initiative***

ACCI are working in partnership to provide culturally appropriate community-based support and advice across calm cafes. Email: [therapy@acci.org.uk](mailto:Therapy@acci.org.uk)

Health Visiting

***Targeted support*** *–* can be requested via referral (Healthy Child Program 0-19 service e-referral form) and sent to [shropcom.adminleonardst@nhs.net](mailto:shropcom.adminleonardst@nhs.net). Targeted antenatal contact can be arranged between 28-32 weeks gestation. Text a health Visitor – 07520 619053

Mums in Mind Group – Variable times, would need to check as they run dependant on capacity and need.

Family/Parent Support

***All groups and services within Telford****.*

[Best Start for Life - Family Hubs - Telford & Wrekin Council](https://www.telford.gov.uk/downloads/file/25000/best_start_for_life_-_booklet) booklet at https://www.telford.gov.uk/downloads/file/25000/best\_start\_for\_life\_-\_booklet

***Telford Strengthening Families (Early Help):*** <https://www.telfordsend.org.uk/info/1/home/13/strengthening_families>

***Triple P for Baby*** *–*

Positive parenting programme. Skills and strategies to support baby’s development, communication, and learning. Also supports parents care for their own emotional wellbeing.

Online to all living in Telford – [telfordfamilyhubs@telford.gov.uk](mailto:telfordfamilyhubs@telford.gov.uk) 01952 385555

***Home start*** *–* Volunteers offer 1:1 support to parents either within home or via text, phone or video. For usually 12 months.

***Me Time*** – Run by Home Start 1-2.30pm Mondays Hollingswood Neighbourhood Centre. Aimed at reducing isolation and those experiencing low mood. Professionals can attend to support. Crèche facilities available. Details within Folder

***Solihull Approach*** *–* Understanding pregnancy, labour, birth and your baby and Understanding your baby.Online programme- antenatal and postnatal course aimed at building a strong, health relationship with baby. Go to [www.inourplace.co.uk](http://links.govdelivery.com/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTYwOTI3LjY0MjYzNDUxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDkyNy42NDI2MzQ1MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2Nzk1MDA0JmVtYWlsaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ1c2VyaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ0YXJnZXRpZD0mZmw9Jm12aWQ9JmV4dHJhPSYmJg==&&&102&&&https://inourplace.co.uk/). Free code DARWIN

Community/baby groups

Best start for life booklet. [Best Start for Life - Family Hubs - Telford & Wrekin Council](https://www.telford.gov.uk/downloads/file/25000/best_start_for_life_-_booklet) at https://www.telford.gov.uk/downloads/file/25000/best\_start\_for\_life\_-\_booklet

Eating Disorders

Severnfields – 0300 303 3426

Referrals e-mail –[**mpft.edsshropshire@nhs.net**](mailto:mpft.edsshropshire@nhs.net)

Financial

***Citizens advice ‘Baby Steps’ Service – Money Help, Rights and Support.***

Bespoke service to help parents before and after pregnancy.

[www.citizenadvicetelfordandthewrekin.org.uk/contact-us](http://www.citizenadvicetelfordandthewrekin.org.uk/contact-us)

01952 567193

Telford Council have a welfare assistance page to help families in crisis. Application forms [Emergency Welfare Assistance (egovhub.net)](https://telford-gwa.egovhub.net/Gwa/launch)

Bereavement

***Cruse*** – Shropshire, Telford and Wrekin

Email: [shropshire@cruse.org.uk](mailto:shropshire@cruse.org.uk) Telephone: 0845 606 6812

Additional needs or disability

***PODS – Parents opening doors***

Charity supporting parents with children who have an additional need or disability aged between 0-25 years. <https://www.podstelford.org/contact>

***Newlife Charity –***

Supports families with a disability to get equipment to meet their needs. 01543 462777

Breastfeeding Support

[www.breastfeedingnetwork.org.uk/shropshire](http://www.breastfeedingnetwork.org.uk/shropshire)

National helpline -0300 100 0212 9.30am to 9.30pm

Local breastfeeding groups - [Local Breastfeeding Groups (padlet.com)](https://padlet.com/BfNShropshire/local-breastfeeding-groups-8oyhq10rfa1juiay)

Birth Reflections

From 6 weeks onwards. Book on-line [Birth Reflections Service - SaTH](https://www.sath.nhs.uk/wards-services/az-services/maternity/patient-info/birthreflectionsservice/#:~:text=Birth%20Reflections%20is%20available%20for,with%20a%20specially%20trained%20midwife.)

Healthy Lifestyles Advisors –

Personalised one to one support to help live a healthier life

6 sessions over 12 [weeks.healthylifestyles@telford.gov.uk](mailto:weeks.healthylifestyles@telford.gov.uk)

01952 382582

Addictions –

***Telford STaRS*** - specialist drug and alcohol treatment service for people across Telford and Wrekin. Also support who are being affected by someone else with drug or alcohol issues.

0300 456 4291 <https://www.telfordstars.org>

Sexual Abuse -

Under 19 years – ***Barnardo’s Beacon Service***. Advice and signposting 01384 411722 [barnardosbeacon@barnardos.org.uk](mailto:barnardosbeacon@barnardos.org.uk)

***Axis Counselling for Sexual Abuse*** 01952 278000

***The Glade, Wellington.***

Supporting victims of rape or serous sexual assault. 0808 178 2058 [www.theglade.org.uk](http://www.theglade.org.uk)

Trauma On-line Course

*Solihull Approach* This has been developed by a team of experienced NHS psychologists and professionals. Understanding your own trauma.

‘It offers a safe and accessible way for you to explore your own experiences and gain a deeper understanding of trauma’s impact on your life’.

<https://inourplace.heiapply.com/online-learning/course/116?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo>

Free- Use Access code DARWIN 18

Twins

**Twins club,** Local friendly group, expectant and parents of multiples welcome, [www.twinsclub.co.uk](http://www.twinsclub.co.uk)

Telford Twins Club, Hadley community, TF1 5NU. Telephone: 07864545973

**Home start** provides tailor-made support by volunteers [www.home-start.org/twins-triplets-and-many-children](http://www.home-start.org/twins-triplets-and-many-children)

Autism

<https://www.telfordautismhub.org.uk/downloads>

Leaflets –

<https://www.selfhelpguides.ntw.nhs.uk/mpft/>

Recovery College

[Wellbeing & Recovery College :: Midlands Partnership University NHS Foundation Trust (mpft.nhs.uk)](https://recovery.mpft.nhs.uk/)

**Family Connect Telford** (directory for family related services): <https://www.familyconnecttelford.co.uk/site/index.php>