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

**For South Staffordshire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| Routine referrals contact:Community Perinatal Mental Health Team, St Chads House, St George’s Hospital, Corporation Street, Stafford, ST16 3AGTelephone Number: **0300 303 4132** Email Address for South Staffordshire: perinatal.communityteam@mpft.nhs.uk | **Referrals can only be made with Mother’s knowledge and consent.**For those with moderate-severe MH difficulties such as:Schizophrenia or Bipolar DisorderModerate to severe anxietyModerate to severe depressionPost-Traumatic Stress DisorderAn eating disorderPrevious severe perinatal mental illness such as PPP or PND**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:If patient lives in South Staffordshirecall **0808 196 3002**Or email mhsi.staffordshire@mpft.nhs.uk |
| **Download referral form from**<https://www.mpft.nhs.uk/services/mental-health-perinatal-community>(form in ‘Information for professionals’ section) |
| **Local Charities and Peer Support** |
| **Spark Burntwood** Charity running parent courses, parent and baby groups, baby and children’s bank. www.sparkburntwood.co.uk |
| **Staffordshire Connects** search ‘perinatal mental health’ and it will list all relevant support serviceshttps://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page |
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| **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 |