

Contact details

Our **office hours** are Monday to Friday 9am to 5pm. During this time, you can call us on 0121 301 2030.

Out of hours: As we are not an emergency service, we work closely with urgent care services who can support women in a crisis when we are not available. If you need **urgent mental health help out of our working hours**, please contact **0121 262 3555** for advice and support.

Perinatal Team East

(covering North, East Birmingham and Sutton Coldfield)

Address: East Perinatal Team, Little Bromwich Centre, 150 Hob Moor Road, Small Heath, Birmingham, B10 9JH.

Email: bsmhft.perinataleast@nhs.net

Telephone: 0121 301 2030 (option 1)

South Perinatal Team

Address: South Perinatal Team, Longbridge Community Mental Health Team, 10 Park Way, Birmingham Great Park, Off Bristol Road, Rubery, Birmingham, B45 9PL.

Email: bsmhft.perinatalmh-bwh@nhs.net

Telephone: 0121 301 2030 (option 2)

West Birmingham Perinatal Team

Address: West Birmingham Perinatal Team, Ashcroft Unit, The Moorings, Hockley, Birmingham, B18 5SD.

Email: bsmhft.perinatal.swb@nhs.net

Telephone: 0121 301 2030 (option 3)

Solihull Perinatal Team

Address: Solihull Perinatal Team, Bishop Wilson Clinic, Craig Croft, Chelmsley Wood, Solihull, B37 7TR.

Email: bsmhft.perinatal.solihull@nhs.net

Telephone: 0121 301 2030 (option 4)

Concerns and feedback

If you have any concerns, please discuss these with the professionals involved in your care or request to speak to the team manager on 0121 301 2030.

Customer Relations Team is available Monday to Friday, 8am to 8pm (excluding bank holidays).

Telephone: 0800 953 0045

Email: bsmhft.customerrelations@nhs.net

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www.bsmhft.nhs.uk | Main switchboard: 0121 301 0000

Ref: MBS0024A-022023 | Review date: February 2026



Birmingham and Solihull
Specialised Perinatal Community
Mental Health Teams

What are the Birmingham and Solihull Specialised Perinatal Community Mental Health Teams?

Our Community Perinatal Mental Health Teams are designed to support women and babies during pregnancy and up to one year after birth, with some specific interventions related to your relationship with your baby being offered up to two years after birth. People accessing the service will include women who have a previous history of serious mental health difficulties or women who are experiencing mental health difficulties for the first time.

We provide support for a range of mental health difficulties, including:

- bipolar disorder
- postpartum psychosis
- tokophobia
- depression
- anxiety
- obsessive-compulsive disorder (OCD)
- bonding difficulties.

You will have been referred to our service by a health professional such as your GP, health visitor or midwife. We are a secondary mental health service and therefore support women whose needs cannot be met by primary care professionals, such as GPs, specialist midwives, health visitors or primary care psychological services.

What kind of support does the service offer?

Our multidisciplinary team is made up of doctors, nurses, social workers, occupational therapists, nursery nurses, psychologists and peer support workers. Peer support offers a safe, empowering space where we can share experiences, offer hope and walk alongside this recovery journey with you.

A member of our team will initially meet with you to assess your mental health and consider which service can best meet your needs. For some it will be appropriate for you to receive treatment and support from our team. For others it might be more appropriate for us to provide advice and signpost you to alternative services.

You will be allocated to a named professional who will meet with you regularly to plan your care and treatment, and to help you create achievable goals towards your recovery.

You will also have access to our experienced community nursery nurses who can provide advice and guidance on caring for your baby. We will work closely with you, your family and other professionals involved in your care.

One of our psychologists or occupational therapists may meet with you, if it is felt that you may benefit from psychological support or occupational therapy.

Questionnaires and feedback

To help us to understand your mental health needs and plan your care, we will also ask you to complete questionnaires that will

include questions relating to your mood and your relationship with your baby. All women will be asked to complete the same questionnaires.

Your feedback will also help us to ensure that we are providing the best service that we can for you during your pregnancy and in the postnatal period.

When will I be discharged from the service?

Our services are designed to support you through the difficulty you are currently experiencing, and we work with you to plan discharge either back to your GP, to an NHS talking therapies service, or to a local Community Mental Health Team depending on what is best suited to your needs at the most appropriate time. You may not need the Perinatal Team for the whole of the period we are able to provide support, as your mental health may have improved. However, if you are discharged earlier and you later require our help again, you will be able to gain rapid direct access back to our service.

