



Herefordshire Perinatal Mental Health Service

Information for Referrers

About Us

The perinatal mental health service is a specially commissioned community based service. We support mothers who may experience moderate to significant mental health difficulties with a higher level of need and the associated risks during pregnancy and the year following childbirth.

Anyone who is registered with a GP in Herefordshire can be referred to our service.

Our team consists of mental health professionals from a range of different disciplines who are all highly trained and specialise in perinatal adult and infant mental health. These include:

- Team Manager
- Consultant Psychiatrist
- Clinical Psychologist
- Community Mental Health Nurses
- Nursery Nurse
- Occupational Therapist
- Administrator

What does the service provide?

The service offers care and treatment including:

- Pre-conception advice
- Biopsychosocial assessment
- Support with risk management and care planning
- Medication reviews
- Psychological therapies
- Parent-infant relationship support
- Adjustment support for day to day life and engaging in community activities
- Training, supervision and consultation to the wider perinatal pathway

Referral criteria

The perinatal mental health service is for women aged 16 or over (women aged 16-18 if open to secondary mental health services) who are planning a pregnancy, currently pregnant or are within a year of having a child. They must also meet one of the following criteria:

- They are severely mentally unwell during pregnancy or within one year of childbirth
- Have a past history of severe mental illness (bipolar disorder, schizophrenia, severe depression, psychotic disorder, previous inpatient/crisis intervention)
- Have a past history of Perinatal mental illness
- Have a family history, in a first degree relative, of bipolar affective disorder
- Require assessment for tokophobia (significant fear of childbirth)

Making a referral

Referrals will be accepted from all health care professionals involved during the perinatal period. This includes, but is not limited to GPs, midwives, consultants and health visitors.

You can discuss referrals by telephoning: 01432 220445 or emailing our referral form to: Whcnhs.herefordperinatalmentalhealthservice@nhs.net

A clinical member of the team is designated to respond to contacts made daily from 9am to 5pm Monday to Friday (excluding bank holidays)

Useful resources

Healthy Minds Herefordshire
www.healthyminds.whct.nhs.uk

WiSH Herefordshire Tel: 01432 260101 Email: info@wisherefordshire.org
www.wisherefordshire.org

BUMPs (Best Use of Medicines in Pregnancy)
www.medicinesinpregnancy.org

24 hour mental health helpline: 0808 196 9127



Contact Us

The perinatal mental health service is open from 9am - 5pm, Monday to Friday (excluding bank holidays). You can contact us on: 01432 220445.

Write to: Perinatal Mental Health Service, Benet Building, Ruckhall Lane, Belmont, Hereford. HR2 9RP

Email: whcnhs.herefordperinatalmentalhealthservice@nhs.net

Tel: 01432 220445

The following would suggest the need for an urgent response:

- A recent significant change in presentation and acting out of character.
- A rapidly changing fluctuating mental state.
- New thoughts or acts of violent self-harm.
- New and persistent expressions of incompetency as a mother or estrangement from the infant.
- Evidence of psychosis.
- Suicidal ideation - particularly of a violent nature.

If any of these risk indicators are apparent, call us for discussion.

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Herefordshire and Worcestershire Health and Care NHS Trust 2 Kings Court, Charles Hastings Way, Worcester. WR5 1JR. Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?
If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

Do you need to know about accessibility?

Read our detailed guides at
www.AccessAble.co.uk

