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

**For North Staffordshire**

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| **Perinatal Mental Health Team** | **PNMH referral criteria** |
| The North Staffs PNMH team is based at the Parent and Baby Unit in Stoke on Trent. Open 7 days per week, 8.30-4.30.Tel: **0300 123 1769** Email Parent.babyunit@combined.nhs.ukUrgent referrals contact: Crisis care centre- open 24/7 Harplands Hospital ST46TH  **0800 0 328 728 (option 1)** | **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 PNDUrgent ReferralsIf 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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| **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** |
| **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 |