**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.uk](mailto:Parent.babyunit@combined.nhs.uk)  Urgent 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 Disorder  Moderate to severe anxiety  Moderate to severe depression  Post-Traumatic Stress Disorder  An eating disorder  Previous 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 |
| **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 services  https://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 | |