



Herefordshire Perinatal Mental Health Service

Information for patients and families

Pregnancy and the period after childbirth are times of change and transition in someone's life. It is common for mothers and partners to experience a range of emotions around this time.

Some women experience significant mental health difficulties during pregnancy or after birth, even if they have never experienced mental health difficulties before.

About our service

The perinatal mental health service is a specialist service for mothers experiencing moderate to severe mental health difficulties during pregnancy and during the year following childbirth.

Our service is accessible to anyone who is registered with a GP in Herefordshire. For mild to moderate difficulties, other services such as Healthy Minds offer priority assessments.

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

How we can help

We will work with you to assess your needs and develop a plan to support you in meeting these. This may include psychological therapies, medication and advice and liaison with other services, or signposting to more appropriate services.

We have strong links with local agencies such as; Home Start, Children's Centres, Hereford County Hospital, Housing Teams and Social Services.

What happens after I have been referred to you?

Following your referral usually made by your GP, midwife, health visitor or consultant, it will be discussed in our Multi-disciplinary Team meeting and we may offer you an assessment to explore how best to help you.

We offer appointments in a range of settings, usually at an outpatient clinic

or in your home and more recently online via video link. We try our best to be flexible when arranging appointment dates and times.

The initial appointment usually takes up to 90 minutes and is an opportunity for us to discuss your current difficulties. You are asked to bring your baby and are welcome to bring other children, a family member or a friend if you wish.

Confidentiality

We ask you for information about yourself so that we can give you appropriate care and treatment. This will be held on a computer and is kept together with details of the care you have received as it may be needed if we were to see you again.

What you tell us will remain confidential within the care team which may include your GP, midwife, obstetrician and health visitor or other service providers. We will explain how we keep your information safe and who we might share it with and why.

What happens if I need to cancel my appointment?

If you are unable to attend an appointment please let us know as soon as possible by calling: 01432 220445. We will do our best to reschedule to a convenient time for you.

Who can make a referral?

We accept referrals from any health professional involved in your care. Referrals can be sent to: whcnhs.herefordperinatalmentalhealthservice@nhs.net. We are also happy to be contacted by professionals for discussion or advice about supporting someone during pregnancy or following childbirth.



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.

If you need emergency support you can go to your GP or to the Accident and Emergency Department at Hereford County Hospital or, if the emergency is immediate you can dial 999.

Useful Contacts

Healthy Minds:

www.healthyminds.whct.nhs.uk

WiSH Herefordshire: 01432 260 101 Email: info@wisherefordshire.org

www.wisherefordshire.org.

Herefordshire MIND: 01432 271 643 Email: info@herefordshire-mind.org.uk

www.herefordshire-mind.org.uk

BUMPs (Best Use of Medicines in Pregnancy)

www.medicinesinpregnancy.org

24 hour mental health helpline: 0808 196 9127

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



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