

## Useful information:

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

NHS 111

*Available 24 hours per day  
365 days per year.*

[Help4mums.org](http://Help4mums.org)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

*Postnatal depression*

[www.app-network.org](http://www.app-network.org)

*Postpartum psychosis*

[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

Supportline

01708 765 200

*(hours vary)*

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

Samaritans

08457 90 90 90

*(available 24 hours per day)*



## How to contact us:

We have staff based in all areas covered by South West Yorkshire Partnership Foundation Trust - Barnsley, Calderdale, Kirklees, and Wakefield.

We are available Monday to Friday 9-5pm.

Telephone:

**01924 316009**

## Making a referral:

You can self refer through one of our single points of access, or your GP, midwife, health visitor or another healthcare professional can refer you.

Telephone number for single point of access:

Wakefield:

**01924 316900**

Barnsley:

**01226 645000**

Calderdale/Kirklees:

**01924 316830**

**NHS**

**South West  
Yorkshire Partnership**  
NHS Foundation Trust



**Perinatal mental  
health team**

With **all of us** in mind.

## Pregnancy and mental health

Most women have good mental health during pregnancy, but having a baby is a significant life event. Some emotional changes during pregnancy are normal, but if they start to impact on your wellbeing or your ability to manage daily life you may need to seek help. Some circumstances may trigger a mental health problem for the first time during pregnancy or just afterwards.

If you've experienced mental health problems in the past this may increase the risk of mental health problems during and after pregnancy.

## Who are we?

We are a team of mental health nurses, occupational therapists, consultant psychiatrists, psychologists, peer support worker and team secretary.



## What we offer:

The perinatal mental health team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health problems during and after pregnancy. We can also offer advice for women planning pregnancy who have concerns about their mental health.

We will work together with you, your family and other services involved in your care including midwives, obstetricians, health visitors and GPs, as well as social care, mental health teams and voluntary sector organisations. We will agree an individualised plan of care for you during your pregnancy and in the postnatal period.

## We will:

- Make contact with you in a timely way
- Undertake an assessment which takes into account what is important to you and your family during your pregnancy and after.
- Develop a support plan with you to meet your individual needs.
- Provide advice about medication for your mental health both in pregnancy and postnatal period.
- Promote wellbeing during pregnancy and beyond, for up to one year after birth.
- Provide conceptual advice, pregnancy and birth planning for women who have had a previous episode of mental illness.
- Work alongside your mental health professional (for women who are already involved in mental health services).
- Work together to help prevent relapse.

## How will I know if the service is right for me?

Our aim is to promote mental wellbeing in pregnancy in preparation for the birth and the postnatal period.

In the first instance you can get advice from your GP, midwife or health visitor and they can help you decide if you need a specialist assessment.

We will talk to you about any concerns you have, what help is available and how to best meet your needs.

## Who is the service for?

The service is for women of all ages who are pregnant, have given birth or experienced stillbirth in the last year who have concerns about their mental health.

## How long will I wait for an appointment?

We aim to contact everyone within a maximum 14 days and more quickly if needs are more urgent.

