

Adult Mental Health Services

Perinatal Mental Health Service



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Pregnancy and mental health



Pregnancy and childbirth are usually seen as being happy and wonderful times. Some mothers go through pregnancy and the first year after childbirth without any problems, but for others this is not the reality.

It can be a stressful and confusing time, whether you are a first time mother or you already have children. Admitting that you are struggling, even to those closest to you, can be very hard.

During the first few weeks or months of parenthood, it is likely that you will feel a mixture of emotions. It is important that you feel that you can speak honestly to those closest to you about how you feel so that they can understand your experiences and respond in a helpful way.

If you do find that you are struggling, then seeking and accepting help is the first step to recovery.

Why is there a need for a perinatal mental health service?

More than one in ten women suffer from a mental illness during pregnancy or within the first year of having a baby.

Some of these illnesses were present before the pregnancy, while some are new illnesses.

It is important for these mental illnesses to be recognised and treated early.

The Perinatal Mental Health Service is a specialised team who provide care for women with these illnesses.

Who does the perinatal service help?

Our service is available to women from Leicester, Leicestershire and Rutland with moderate to severe mental illness in pregnancy and up to one year after childbirth.

We are all different and this means that our experiences will be different, but you may find that you recognise some of the symptoms mentioned. Most women will find that their problems mainly fit into one of the following areas:

Mood disorders such as depression and bipolar affective disorder.

Symptoms may include: low mood, sleep problems, loss of interest in things, being tearful, changes in appetite, difficulty concentrating, exaggerated emotional responses, impulsive behaviour.

Anxiety disorders such as obsessive compulsive disorder (OCD) or generalised anxiety.

Symptoms may include: increased worries and fears, feeling jittery, obsessive thoughts, changes in behaviour, finding it hard to leave the house or socialise.

Psychotic disorders such as postpartum psychosis or schizophrenia.

Symptoms may include: confusion, hallucinations, delusional beliefs.

This is only a short list of possible symptoms so do not be concerned about mentioning other things to the professional who you see from our team.



Who would I see in the perinatal service?

You may be seen by one, or a combination of, these professionals:

- Consultant perinatal psychiatrist,
- Specialist mental health nurses,
- Junior doctors.

Who can refer me to the perinatal service?

- GPs.
- Midwives and obstetricians.
- Health visitors.
- Crisis Resolution Team.
- Psychiatrists and Community Mental Health Team (CMHT).



How can the perinatal service help me?

- We offer support, treatment and advice to women who develop a serious mental illness in pregnancy, or during the first year following childbirth.
- We support women who have a higher chance of developing serious mental health problems after childbirth, for example, women who have previously suffered from a serious mental illness (such as psychosis, severe depression or bipolar disorder) or have close family members with these illnesses.
- We offer pre-conception advice to women who have had previous episodes of mental illness.
- We spend time with you, assessing your needs, discussing the best options for treatment and supporting you until you are well again. If you need medication, we will guide you towards making the safest choice for you and your baby.
- We recognise the diversity of women in Leicester, Leicestershire and Rutland and the wide range of cultural and ethnic backgrounds and can make adjustments to services to meet women's needs.
- A very small number of women will need admission to hospital. These women may be offered admission, along with their babies, to specialist mother and baby units, most commonly, The Beeches Mother and Baby Unit in Derby or the Nottingham Mother and Baby Unit. We liaise with the hospital and continue to support women after they are discharged home.

Comments from perinatal patients and their families

“It certainly paid off being seen by your service, she is now an amazing mummy to our great grandson. It is so lovely to visit them as a little family unit again. We appreciate everything you have done.”

“I was so anxious after the birth of my baby boy but the team came to see me on the maternity ward. They listened to me talk through all of my worries and I felt so much better afterwards!”

“I was terrified to admit how I was feeling to any health professional because I was convinced they would take my daughter away. My nurse and the consultant communicated with other services involved in my care and now, with the help of medication, I can enjoy being a mum to my beautiful baby without being separated.”

“As a partner I feel like I’ve been involved in the whole process and I’ve learnt how to deal with things as well, so when she goes into an episode, we have a plan, a process, which we can work through together.”

What happens once I am referred to the service?

If we feel that the Perinatal Service is the most appropriate service for you then we will make contact, either by telephone or letter, with an appointment date. Our aim is to see all women within four weeks of receiving their referral.

You may be offered an appointment with the consultant psychiatrist, a junior doctor or one of our specialist team of nurses.

We will invite you to attend one of our outpatient clinics or offer you a home visit. If you would prefer not to meet us at your home an alternative venue, such as your GP or local Sure Start Centre, could be arranged.

The first appointment will normally last around one hour and is your opportunity to discuss your current difficulties and needs. We are there to listen, not judge and everything you tell the team member will be kept confidential within the team of professionals caring for you. The only exception to this would be if we felt that there was a risk to yourself or others, but we would discuss this with you.

Following your first appointment, we will develop a care plan together which meets the needs of you and your family.

If you have any questions, or require further information please do not be worried about ringing us, just give us a call on 0116 225 6846 and we will do our best to answer your questions.

Is there anywhere I can find further information?

Rethink Focusline

0800 027 2127 (5pm to 1am)

The Samaritans

www.samaritans.org

0116 270 0007 or 0845 790 9090

Mind, the mental health charity

www.mind.org.uk

Action on postpartum psychosis

www.app-network.org/pptalk

Maternal Mental Health Alliance

www.everyonesbusiness.org.uk

Netmums

www.netmums.com/local-to-you

Film about the perinatal mental health service:

<https://youtu.be/e8b7xjXy1z4>

Leicestershire Partnership NHS Trust

www.leicspart.nhs.uk

If you need this information in another language
or format please telephone 0116 295 0903 or
email: Patient.Information@leicspart.nhs.uk

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0903 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0903 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0903 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0903 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0903 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0903 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0903 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0903 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0903 یا Patient.Information@leicspart.nhs.uk پر رابطہ کریں