



**South West London and
St George's Mental Health**
NHS Trust

For a better life

Specialist Community Perinatal Mental Health Team





Specialist Community Perinatal Mental Health Team

Most of us expect to feel happy, excited and positive during pregnancy and when our baby is born, but it doesn't always happen like this. You can feel many different emotions, including love and pride, but it is natural to also feel stressed and anxious. This is normal.

Up to 1 in 5 people experience mild to moderate mental ill-health in pregnancy or after birth. You may:

- Already have a mental illness when you get pregnant
- Be worried because you have had mental health problems before.
This may make it more likely that you will become unwell but, with the right help, this can often be prevented
- Develop a mental health problem for the first time

It is important that you get the right support if you have, or are at risk of developing, mental health problems during pregnancy or in the first year after the birth.

Who are we?

We are a specialist mental health service for people who are planning a pregnancy, are pregnant or have a baby up to 12 months old. We are made up of different professionals including psychiatrists, mental health nurses, psychologists and allied health professionals such as occupational therapists, social workers and nursery nurses.

Our aim is to:

- Help you stay as well as possible during pregnancy and after your baby is born
- Make sure that you, your family and other professionals can recognise any signs that you are becoming unwell as early as possible



- Make sure that you, your partner and family have the information you need and can get advice about mental health problems and treatments
 - Work together with you, your partner and family, and the other professionals involved in your care
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Who are we for?

Not every person with a mental health problem during pregnancy, or after their baby is born, will need a perinatal mental health service. This service cares for people with more serious or complex mental health needs. Even if you are currently working with a community mental health team, you should still be referred to a perinatal service for expert advice and support.

Where are we based?

We are one team and cover the Boroughs of Wandsworth, Sutton, Merton, Kingston and Richmond.

We hold regular clinics where possible at the three general hospitals within our five boroughs. We will also offer home visits as appropriate as well as meeting in community sites.

Who else do we work with?

We work with maternity and obstetrics teams, specialist midwives and psychiatric liaison services in the three local general hospitals: St George's Hospital, Kingston Hospital and St Helier Hospital. In the community, we work with GPs, community midwives and health visitors.

We also work closely with the voluntary and non statutory sectors.



What we offer

Preconception advice

We offer a psychiatric consultation to people who are trying to conceive and are known to have moderate to serious mental illness, including psychosis, bipolar disorder and severe depression. People on mood stabilisers or several different psychiatric medications at the same time may particularly benefit from this service.

Antenatal and postnatal support

The team provides advice, care and treatment for people with a wide range of mental health problems during pregnancy and up to one year after your baby is born. This may include:

- Advice about reducing your risk of developing a mental health problem in pregnancy or the postnatal period
- Helping you weigh up the risks and benefits of using medication during pregnancy and breastfeeding
- Evidence based psychological interventions
- Helping you make a plan for your care during pregnancy, birth and the postnatal period
- Giving advice and information about mental health problems to partners and family members to help them understand your risk of becoming unwell and how to support you
- Arranging admission to a mother and baby unit if needed
- Providing support for women discharged from a mother and baby unit
- Teaching and providing specialist advice to healthcare professionals to help them provide better care.

Mental Health Support Line

The Mental Health Support Line is a Trust-wide service open to all five Boroughs within south west London, along with service users in receipt of services from Specialist Services who reside in south west London.

📞 0800 0288000



Fathers and partners

Only mothers can be formally diagnosed with a perinatal mental health problem. However, studies suggest that fathers and partners can also experience mental ill health in the perinatal period. It is often hard to balance all aspects of life – work, home, new baby, other children, finances – and this can become stressful for new parents.



If you notice signs of mental health problems emerging it can be tough to know how to support your partner, and you may feel that whatever you say or do is not helping. If your partner is not already doing so, encourage them to seek professional advice.

How to access our service

We accept referrals from health and social care professionals, including GPs, obstetricians, midwives, health visitors, and any mental health professional who has reviewed you.

It is not possible to self-refer so if you have concerns please speak with your GP, midwife or health visitor who will make a referral if appropriate.

How to contact us

Our service is open from 9am to 5pm, Monday to Friday (excluding Bank Holidays). If you would like to speak to a member of the team, our contact details are as follows:

✉ Springfield University Hospital South West London and St George's Mental Health NHS Trust, Springfield University Hospital, 61 Glenburnie Road, London SW17 7DJ

☎ 020 3513 6577 🐦 @swlstgperinatal

Internet resources for perinatal mental health

- www.app-network.org/what-is-pp/app-guides
Action on Post-Partum Psychosis Leaflets on topics including Postnatal Psychosis, Bipolar in Pregnancy and Advice for Partners
- www.bipolaruk.org/Pages/FAQs/Category/women-and-bipolar
Bipolar UK: Women and Bipolar Information about Pregnancy
- www.apni.org/leaflets/post-natal-depression
Association for Post Natal Illness: Postnatal Depression
- www.maternalocd.org
Maternal OCD
- www.birthtraumaassociation.org.uk
Birth Trauma Association
- www.bestbeginnings.org.uk/out-of-the-blue
Best Beginnings: Out of the Blue Campaign to improve awareness and access to help for perinatal mental health problems, including informative videos.
- www.perinatalpositivity.org
Perinatal Positivity: a short video using the real voices and experiences of women and men who have had mental wellbeing difficulties around the time of pregnancy, childbirth and beyond.

We are the leading provider of mental health services across south west London and a beacon of excellence for national mental health services. We serve a diverse community of people in the boroughs of Kingston, Merton, Richmond, Sutton and Wandsworth.

In keeping with the Equality Act 2010 we do not discriminate against people on the grounds of age, race, disability, sex, gender reassignment, sexual orientation, religion and belief, marriage and civil partnership or pregnancy and maternity.

If you would like this document in another language, easy read format or braille then please contact us with your name, address and details of which format you require.

আপনি অন্য ভাষায় এই নথিতে চাই, সহজ পাঠযোগ্য বিন্যাসে বা ব্রেইল তারপর আপনার নাম, ঠিকানা এবং আপনি পরয়োজন বোধ করেন যা বিন্যাসের বিবরণের সাথে যোগাযোগ করুন.

নমো অন্ত্র মোখামা' আ চম্বাভেজ মা'গো চো, সহজ বা'খী অ'ধায়ুমা' অথবা অ'ই'ল প'লী নমো' নাম, সহনামু' অনে নমো জ'হু'হী চ' ক' জ'মা' অ'ধায়ু'নী বিগনো সাথে অমনো স'প'ক' ক'হো.

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다른 언어로이 문서를 좋아 한 경우에, 읽기 쉬운 형식이나 점자는 당신의 이름, 주소, 당신이 요구하는 형식의 세부 사항에 저희에게 연락하십시오.

நீங்கள் வேறு ஒரு மொழியில் உள்ள இந்த ஆவணம் விரும்பினால், எளிதாக படிக்க வடிவத்தில் அல்லது ப்ரெய்லி பின்னர் உங்கள் பெயர், முகவரி மற்றும் உங்களுக்கு தேவையான எந்த வடிவமைப்பில் விவரங்களை எங்களுக்கு தொடர்பு கொள்ளவும்.

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Our values



Respectful



Open



Collaborative



Compassionate



Consistent

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