

Making a referral

You can self-refer, or your GP, midwife or another healthcare professional can refer you. Telephone: **01872 221031** or email: cpn-tr.perinatal@nhs.net

Referrals are triaged centrally. To ensure care is provided as recommended by NICE guidelines, you may be offered psychological services in the first instance. This may be within another service. You may also be offered a joint assessment with another NHS mental health service.

Useful telephone numbers and websites

Telephone

Samaritans: 116 123

Nightlink: 0808 800 0306

Out-of-Hours Support Matters:
0800 001 4330 Free phone no.

Websites

www.livinglifetothefull.com

www.app-network.org

www.samaritans.org

www.help4mums.org

www.nhs.uk

www.rcpsych.ac.uk

<http://mentalhealthmatters.com> for
web chat live - Out of hours only

How to contact us

We are based in Truro and are available Monday to Friday 9am to 5pm.

Tel: 01872 221031

Email: cpn-tr.perinatal@nhs.net

Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.

Telephone: 01208 834620

Email: cpn-tr.palscft@nhs.net



To get this information in another format email:
cpn-tr.communications@nhs.net

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Cornwall Partnership NHS Foundation Trust, Head Office, Carew House,
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Cornwall Partnership
NHS Foundation Trust

Perinatal Mental Health Team

Mental wellbeing around the time of having a baby



Find us online at cornwallft



Pregnancy and mental health

Most women have good mental health during pregnancy, but if you've had a previous episode of mental illness this may increase the risk of further episodes during and after pregnancy.

Who are we?

The perinatal mental health team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period.

Who is the service for?

The service is for pregnant women with a pre-existing mental illness or those at risk, and women who encounter problems for the first time during or after their pregnancy.

We are a countywide team that works with women of all ages, across a range of significant mental health difficulties, including:

- bipolar disorder
- severe depression and anxiety
- schizophrenia
- puerperal or postpartum psychosis.

What we offer

- Professional consultation and advice regarding perinatal mental health concerns and treatments. This may lead to a face to face assessment
- Preconceptual advice, pregnancy and birth planning for women who have had a previous episode of mental illness
- An assessment that takes into account what is important to you during your pregnancy
- The shared development of a care plan that meets your personal needs, always keeping the needs of the baby in mind
- Evidence-based interventions to address attachment issues that may arise as a result of mental ill health
- Bespoke packages of care and support for up to one year postnatally
- Planning for the postnatal period to promote wellness and prevent relapse
- Advice in prescribing medication for mental health reasons during pregnancy and breast feeding eg anti-depressants
- Information about other services eg Family Information Service
- Evidenced-based psychological interventions.

Who is in the team?

Our multidisciplinary team consists of specialist perinatal mental health nurses, occupational therapists, a psychologist, social workers, nursery nurses and a perinatal consultant psychiatrist.

We also work closely with other services including midwifery and health visitors.

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

We will talk to you about any concerns you have, how we can help and whether telephone advice or an appointment is necessary.

How long will I have to wait for an appointment?

We aim to contact everyone within four weeks of referral, unless urgent.

We offer telephone and face-to-face appointments. We will try to offer you a face-to-face appointment close to where you live.

You can bring someone with you if you wish.