

PREGNANT OR NEW MUM STRUGGLING MENTAL HEALTH?

You might feel:

- Withdrawn?
- Thoughts distressing?
- Low or hopeless?
- Bad things happening feeling?



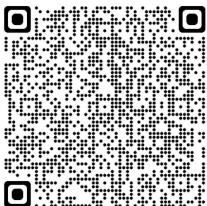
**Alone you are not
1 in 5 mothers experience this**

**Community Perinatal Mental Health Team offer assessment
12 weeks pregnant to baby two years**

Confidential contact:

**Tel: 01332 623911 (Derby Team) or
01246 216523 (Chesterfield Team) Email: dhcft.perinatalcmht@nhs.net**

Or scan the QR code to access our online self referral form



**Text to book an assessment
Chesterfield and North Derbyshire 07990438191
Derby and South Derbyshire 07918335413**

**A BSL interpreter will be
booked for appointments**



Derbyshire Perinatal Mental Health Service

Women and birthing people pregnant 12 weeks to baby 2 years

This leaflet has been designed to support the Deaf and hard of hearing