

## CONTACT US

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Medical Secretary

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North Derbyshire Perinatal Community  
Mental Health Team

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Our advice line operates Monday,  
Tuesday, Thursday and Friday

9.30 – 12 pm

Please call 0300 1237596 to speak  
to a member of the team

If you would like this information in a different  
language or format please contact  
[communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

إذا كنت تريد هذه المعلومات بلغة أو تنسيق مختلف  
برجاء الاتصال بن  
[communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

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अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो  
कृपया संपर्क करें [communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

Jeżeli chcieliby Państwo otrzymać kopię niniejszych  
informacji w innej wersji językowej lub w alternatywnym  
formacie, prosimy o kontakt z  
[communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ  
ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)  
اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو  
تو براہ مہربانی رابطہ کریں [communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

**NHS**

Derbyshire Healthcare  
NHS Foundation Trust

# Perinatal Mental Health Service

## A Guide for Referrers



## Perinatal Mental Health Service

is a specialist service which aims to provide treatment and care in order to support women who are experiencing serious and complex mental health difficulties associated with pregnancy and the postnatal period.

Women can be seen from the second trimester in pregnancy and up until the baby is one year old if needed.

We provide a range of facilities for their management, including outpatient clinics, community treatment (individual and group options) and an inpatient mother and baby unit.

We will also liaise with primary healthcare professionals and other secondary psychiatric services to assist in the management of less serious conditions.

## Patients We See

Women with a diagnosis of serious mental illness, for example:-

bipolar disorder, schizophrenia, severe depression/anxiety disorders.

Women who have developed significant mental health difficulties that cannot be managed in primary care.

Women at risk of developing serious mental illness following delivery, e.g. those with a history of bipolar disorder or serious postnatal illness in first degree relatives.

Women with previous history of puerperal psychosis, severe postnatal depression, severe anxiety disorders including OCD.

Women who have been admitted to a psychiatric unit or treated by psychiatric services in the first postnatal year.

Preconceptually for those with existing serious mental illness

## How to Refer

Midwives will submit referrals from screening using the approved template.

All other referrers please use our referral form located on Derbyshire Healthcare NHS

Foundation Trust website under Perinatal Services

**Referral meetings** take place weekly -

**Tuesdays** for South Derbyshire,

**Wednesdays** for North Derbyshire

Referrals will be accepted preconceptually, antenatally and postnatally

Emergency referrals, potentially for admission, should be discussed with the

Consultant Psychiatrist or the Nurse in Charge of the ward if they are not available.

If this is not the most suitable service to meet

the patient's needs you will be informed

accordingly and signposted to other services