

Are you **struggling with your mental health** in pregnancy or as a new mum?



**You are not alone...**

At least 1 in 5 mothers experience something similar

You may find yourself experiencing one or more of the following:

- Feeling withdrawn
- Unwanted or distressing thoughts
- Feeling low or hopeless
- Feeling like something bad will happen

Our Community Perinatal Mental Health Team can offer you an assessment from 12 weeks of pregnancy onwards. We can tell you about the help you can access in pregnancy and until your baby is two years of age.

**Contact the team to discuss a confidential assessment**



Tel: **01332 623911** (Derby Team)

or **01246 216523** (Chesterfield Team)

Email: [dhcft.perinatalcmht@nhs.net](mailto:dhcft.perinatalcmht@nhs.net)

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



Derbyshire Perinatal Mental Health Service