

# PREGNANT OR NEW MUM STRUGGLING MENTAL HEALTH?

Your 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Withdrawn  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](mailto: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**