



Northumberland,
Tyne and Wear
NHS Foundation Trust

Perinatal Community Mental Health Service

Information for referrers



Caring | Discovering | Growing | **Together**

Introduction

The Perinatal Community Mental Health Service provides secondary care for women who are experiencing a range of mental health problems within the perinatal period. This is from conception to the 1st year post-partum. We also offer pre-conceptual counselling for women with severe or complex mental illness.

We care for women with a range of moderately to severe common mental health problems such as depression, anxiety, Obsessive Compulsive Disorder (OCD), and severe mental health disorders such as bi-polar disorder, psychosis and schizophrenia.

The service is available to women living in Newcastle, Gateshead, North Tyneside, Northumberland, Sunderland and South Tyneside.

What does the service provide?

The service offers care and treatment including:

- Pre-conceptual counselling available from perinatal medical staff for women who have a diagnosis of severe mental illness to plan for any potential pregnancies
- Specialist care and care planning for women with an increased risk of developing a puerperal psychosis following birth including those with a previous history of puerperal psychosis or psychotic disorders or a diagnosis of Bipolar Disorder I, Schizoaffective and Schizophrenia
- Integrating mental health support into obstetric clinics
- Assessment, diagnosis and intervention of a range of mental health difficulties
- Training, consultation, support and advice to front line staff working with perinatal period
- The team works together with the linked specialised In-patient mother and baby unit (Beadnell Ward) to provide alternatives to admission and treatment and support in the community for women following discharge from an in-patient stay
- Promotion of early mother-child relationship and attachment whilst the mother's mental health is recovering
- Safeguarding children and adults through daily contact with families, supporting early help plans and active involvement in safeguarding procedures

Our objectives

We aim to offer a service that is in keeping with our Trust's service design principles:

- You should reach us, quickly and simply
- Get the right help, at the right time, from the right service
- From our flexible and skilled workforce
- In collaboration with the service user, their family and partner organisations
- Working towards recovery

What hours are the team available?

The service working hours are from 9am – 5pm Monday to Friday
Out of Hours Support is through Crisis and Psychiatric Liaison Services

How to refer?

Referrals will be accepted from any Health Professional.

A member of our Team will endeavour to speak to you on the day that you contact the service. This should enable a triaging process in line with the Perinatal Pathway and promote the right service at the right time.

Referrals are accepted in the following ways:

By Fax: **0191 246 7329**

By Email: **NTAWNT.PerinatalServices@nhs.net**

By Letter: **Perinatal Community Mental Health Service, Ashgrove, St. Nicholas Hospital, Gosforth, Newcastle upon Tyne, NE3 3XT.**

The service works closely with Crisis and Psychiatric Liaison Services as well as with Maternity Services across the Northumberland, Tyne and Wear area.

We welcome telephone contact prior to any referral. The team can be contacted on **0191 246 7400.**

Referral criteria

1. Women who are pregnant or are within the first post-partum year.
2. Women requiring secondary care support (assessed through risk of relapse, risk to self and others and/or estrangement from their infant and/or dysfunction in daily activities).
3. Women whose diagnoses include (this list is not exhaustive):
 - Post-partum psychosis, bipolar affective disorder, schizoaffective disorder and other psychoses, serious depressive illness, severe anxiety disorder (inc. OCD).
 - Other mental disorder which cannot be managed in primary care.
 - Women with a history of serious mental illness after childbirth or at other times, even if well.
 - Women aged between 16-18 years will be managed in conjunction with locality Child and Adolescent Services (CYPS).
 - Women with a history of serious mental illness who are considering a pregnancy will be seen for pre-conception counselling.
 - We will consider referrals of women who are experiencing significant mental health problems in relation to stillbirths, neo-natal deaths, cot deaths or miscarriages and terminations and which are considered outside of the normal grief reaction or who have not responded to bereavement counselling. However, there may be more appropriate services available depending on locality.

Exclusion criteria

- Women whose babies are over one year old.
- Women who are suffering from a condition of mild to moderate severity that does not require the services of the Specialist Perinatal Community Psychiatric Team and/or can be managed effectively in primary care.
- Women whose problem is primarily an addictions disorder without a co-morbid mental illness.
- We do not care co-ordinate women whose children are unlikely to remain within their care (however we will consider offering scaffolding support in these circumstances).

Contact details

Perinatal Community Mental Health Service
Ashgrove
St. Nicholas Hospital
Gosforth
Newcastle upon Tyne
NE3 3XT

Penshaw
Monkwearmouth Hospital
Newcastle Road
Sunderland
SR5 1NB

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Published by the Marketing Department 2018 Copyright,
Northumberland, Tyne and Wear NHS Foundation Trust
www.ntw.nhs.uk
Switchboard Tel: 0191 246 6880
Review Date: March 2020