

## Helpful websites

### Bexley Mind

2a Devonshire Road  
Bexleyheath, DA6 8DS

Tel. 020 8303 8932  
[mindinbexley.org.uk](http://mindinbexley.org.uk)

### Greenwich Time to Talk

Floors 1 and 2  
135-143 Eltham High Street  
Eltham, London SE9 1TJ

Tel. 020 3260 1100  
[oxleas.nhs.uk/services/service/greenwich-time-to-talk](http://oxleas.nhs.uk/services/service/greenwich-time-to-talk)

### Talk Together Bromley

Bromley Healthcare CIC Ltd  
Global House  
10 Station Approach  
Hayes, Bromley BR2 7EH

Tel. 0300 003 3000  
[talktogetherbromley.co.uk](http://talktogetherbromley.co.uk)

### Samaritans

Tel: 116 123  
[samaritans.org/](http://samaritans.org/)

### Tommys

Tel. 0800 014 7800  
Email: [midwife@tommys.org](mailto:midwife@tommys.org)

[tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/specific-mental-health-conditions](http://tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/specific-mental-health-conditions)

### Royal College of Psychiatrists

[rcpsych.ac.uk/mental-health](http://rcpsych.ac.uk/mental-health)

### National Childbirth Trust

[nct.org.uk](http://nct.org.uk)

### Action for Postpartum

Psychosis  
[app-network.org/](http://app-network.org/)

### PANDAS Foundation

Support and advice for women with perinatal mental illness and their families.

Helpline: 0843 2898401

Email Support:  
[info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)

## Contact us

Oxleas Perinatal Mental Health Team  
Queen Mary's Hospital  
I Block, Frogna Avenue  
DA14 6LT

Tel: 0203 961 6313 (Women and their partners /family members/ support network)

Tel: 0203 961 6310 (Professionals)

Email: [oxl-tr.oxleasperinatalmentalhealthservice@nhs.net](mailto:oxl-tr.oxleasperinatalmentalhealthservice@nhs.net)

## Mental Health Urgent Advice line

Tel: 0800 330 8590

## Compliments & Service feedback

Perinatal Patient rated Outcome & Experience Measure  
[snapsurveys.com/wh/s.asp?k=155542050936](http://snapsurveys.com/wh/s.asp?k=155542050936)

Friends and Family Test



[@oxleasNHS](https://twitter.com/oxleasNHS)



[facebook.com/oxleasNHS](https://facebook.com/oxleasNHS)

[oxleas.nhs.uk](http://oxleas.nhs.uk)

## Confidentiality

All staff abide by a strict code of conduct on confidentiality and only share information in order to provide good quality care. We usually discuss this with you first.

## Your opinion matters

We welcome your views on the services we provide. PALS is a free, confidential service which helps patients, families and carers deal with any concerns about our treatment and care.

Monday to Friday 9am to 5pm (answerphone available)  
Email: [oxl-tr.pals@nhs.net](mailto:oxl-tr.pals@nhs.net)  
Tel: 0800 9177159 (freephone) (not free from mobile phones)

## Raising concerns

Your complaints, comments and suggestions help us improve the services we provide.  
Email: [oxl-tr.complaints@nhs.net](mailto:oxl-tr.complaints@nhs.net)  
Tel: 01322 625751

## Accessible information

If you'd like information in your own language, large print, audio or other formats, we can arrange this. Please speak to a member of staff.

## Oxleas NHS Foundation Trust

Pinewood House  
Pinewood Place  
Dartford  
Kent DA2 7WG

Tel: 01322 625700

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Oxleas  
NHS

Improving lives

## Perinatal mental health service Bexley, Bromley and Greenwich

Community Mental Health Teams

[oxleas.nhs.uk](http://oxleas.nhs.uk)



NHS

Oxleas

NHS Foundation Trust

## Pregnancy and mental health

Planning a pregnancy, being pregnant and the initial year after childbirth are times of major change in the life of a woman and her family. It is common for women and their partners to experience lots of changes in emotions and lifestyle during this period.

Mental health difficulties can affect up to 20% of women in the perinatal period.

Some women may develop mental health difficulties in pregnancy or after giving birth. These can either be the first time a woman is becoming unwell or deterioration of an existing mental health difficulty.



Some women with particular mental health diagnoses have a higher risk of becoming unwell after giving birth, even if they've been well and symptom free at the point of becoming pregnant.

It is important these women receive specialist advice and intervention as soon as possible.

### How can we help

The perinatal mental health service provides specialist assessment and intervention to women experiencing significant mental health difficulties in pregnancy and up to a year postnatal. We offer specialist assessment, treatment, support and advice to ensure a woman stays as well as possible through this period.

If a woman becomes unwell, we will support her and her family to ensure she has the right care and intervention to meet her needs.



The service consists of a multi-disciplinary team of psychiatrists, nurses, psychologists, nursery nurses, an occupational therapist, a social worker and administrators. The team works very closely with maternity services, health visitors, adult mental health services and GPs.

Women are offered face to face appointments in a variety of settings including the maternity unit they are booked at, local children centres or at home and in some cases over the telephone.

## Aims of the service

- To deliver quality, safe and effective care to women and their families in the perinatal period.
- To ensure every woman we see has a positive, respectful and compassionate experience.
- To ensure that women are consulted and involved in planning their care.
- To work collaboratively with other services.
- To ensure good communication between services, women and families.
- To train health professionals so that they have a good understanding of how mental health problems affect women in pregnancy and after birth.
- To raise awareness about mental health problems in pregnancy and after birth.
- To contribute to the advancement of knowledge by participating in research to improve care and experience for women accessing services.

## Who is the service for

Women who live in, or are registered with, a GP in Bexley, Bromley or Greenwich may be eligible, if they:

- Have an existing severe mental illness diagnosis and are planning a pregnancy.
- Are pregnant or have given birth in the last 12 months and are experiencing a severe mental health difficulty.
- Are relapsing from an existing/past mental illness in pregnancy or are 12 months or less postnatal.

## What we offer

- Specialist assessment and intervention for women experiencing severe mental health problems in pregnancy and up to a year after delivery.
- Support to ensure a woman stays as well as possible in the period after birth to promote well-being and prevent relapse.
- Preconception advice for women with complex or severe mental health problems.

- Advice on the risks and benefits of using mental health medication in pregnancy and breastfeeding.
- Care planning for pregnant women with severe mental health problems.
- Access to the most appropriate type of psychological interventions.
- Support for the mother to improve relationship/attachment with her baby.

## How to refer

The service accepts referrals from any professional working with women in the perinatal period as well as mental health clinicians, midwives, obstetricians and health visitors.

Referrals can be made by completing our referral form, electronically and sending it to the email address overleaf. Clinicians are available to discuss referrals if needed.