

## **Specialist Perinatal Mental Health Team**

The Five Year Forward View for Mental Health (FYFV) sets out the need to support more women to access evidence based specialist perinatal mental health treatment requiring a highly skilled workforce, with the right capacity and skill mix so that:

- All women can access appropriate, high-quality specialist mental health care, closer to home, when they need it during the perinatal period.
- Women and their families have a positive experience of care, with services joined up around them.
- There is earlier diagnosis and intervention, and women are supported to recover and fewer women and their infants suffer avoidable harm.
- There is more awareness, openness and transparency around perinatal mental health in order that partners, families, employers and the public can support women.

Perinatal mental health is one of ten priority areas within the Local Transformation Plan for east and west Suffolk. Funding from the LTP was used to establish a small east and west Suffolk Community Specialist PNMH team focussed on meeting the needs of women with severe PNMH issues. This service was officially launched on 23 February 2018.

### **How does it work?**

The team is employed by NSFT and operates across East and West Suffolk. The team includes a consultant psychiatrist, four specialist nurses, a nursery nurse, a psychologist, an occupational therapist, deputy services manager and administrator.

The team provides community based treatment and support for women who are currently experiencing, or are likely to experience, a severe mental health issue during the perinatal period (from conception and up to the baby's first birthday).

### **The Specialist Perinatal Mental Health Service is open to mums and mums-to-be who are:**

- Currently experiencing a severe mental health issue or who have in the past experienced a serious mental health issue. This may include:
  - known major mental health disorder, particularly bipolar illness
  - past history of post-natal psychosis or severe depression
  - family history of post-natal mental illness.

**The service will provide:**

- Triage for the mum to assess suitability for the service
- Help and support in developing a personalised care plan
- Advice and support over the telephone
- Face to face support in her local community or at home, depending on needs
- Pre-birth care planning
- Guidance and support for her partner and family
- Medicines management – prescribing, advice and review
- Support around the relationship between mum and baby
- Goal setting that fits with the family's hopes for the future
- Pre-conception advice and guidance
- Training on perinatal mental health to the wider workforce
- Sign-posting to other support services/networks

The team works collaboratively with professionals involved in perinatal care including midwives, obstetricians, health visitors, GPs and recovery care-coordinators.

The team is operational 9am – 5pm Monday to Friday

If there is an immediate risk to a mother or her baby please send to A&E

**How to make a referral**

Mums 25 years and over refer via Access + Assessment Team using the standard referral form. Please state on the form that the woman is pregnant or has had a baby within the last 12 months. AAT tel: 0300 123 1334

Mums under 25 years refer via The Emotional Wellbeing Hub using the standard referral form and state that the woman is pregnant or has had a baby within the last 12 months.

**How to learn more about the service**

Contact the team administrator:

Perinatal Team, Wedgwood House, Hardwick Lane, Bury St Edmunds. IP33 2QZ