



# *Perinatal Community Mental Health*

**In response to your feedback we are pleased to welcome Helen Jackson, Perinatal Clinical Nurse Specialist to the June Mental Health Education Evening.**

The Suffolk Perinatal Community Mental Health Team will offer an overview of local pathways, referral criteria and the long term plan for the Perinatal Community Mental Health Service. Helen will also be sharing a real scenario they have encountered and the learnings from this case study.

**Thursday 16<sup>th</sup> June 2022 • 7pm – 8.15pm**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

Training sessions commissioned by NHS Ipswich and East Suffolk CCG are **FREE to attend** and open to all staff working across the Suffolk and North East Essex Integrated Care System.

Please contact [j.lawton4@nhs.net](mailto:j.lawton4@nhs.net) with any queries or for more information.

## Feedback from previous online education evenings:

*“Clear, engaged, knowledgeable speakers.”*

*“Very relevant and practical tips and highlighted a service that I wasn't fully aware of”*

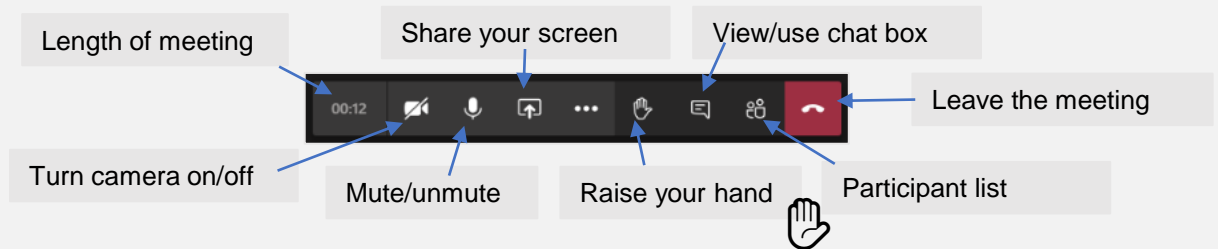
*“It is great to hear directly from individuals delivering Mental Health Services and being able to ask questions about the services they deliver.”*

## Save the date:

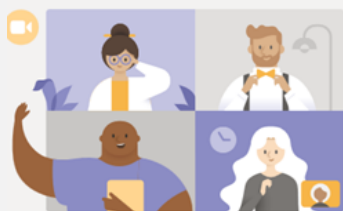
The next Mental Health Education Evening will be on the 22<sup>nd</sup> September and will be on older people's mental health

# How to Join and Participate in a Teams Meeting

- If you have Teams Desktop App all you need to do is click on 'Join Microsoft Teams Meeting'. Alternatively you can join by phone by dialling the number and using the conference ID provided (please note phone charges apply).
- The meeting will start promptly at the given start time. Please ensure you are Logged onto the meeting in good time through the Microsoft Teams link included in the calendar invitation notes sent to you by the meeting organiser.
- If prompted to enter your name when logging in, please login with your name.
- Please ensure once you are logged into the meeting that your microphone is muted.
- If you join late, join quietly and do not interrupt the conversation or the presentation.
- Background noise and audio feedback can disrupt the meeting. Please turn off your phone or anything else that might distract you or the other participants. When you are not speaking, please mute your mic.
- There will be an opportunity for questions after the presentations. If you wish to ask a question please use the 'raise your hand button' this can be found on the centre tab of your screen. When asking a question, please first state your name – this will help to identify you amongst a large number of people in attendance.
- Alternatively, if you have a question during the session, you can ask it via the conversation on the right-hand side and we will come to it at an appropriate point.
- The meeting will be recorded for educational purposes. By joining the meeting you are giving consent to being recorded.



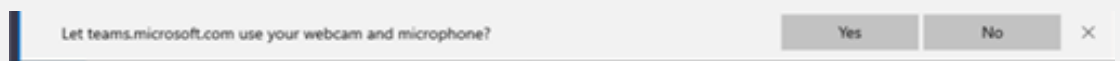
## Instructions to join a 'Teams' meeting via the web link



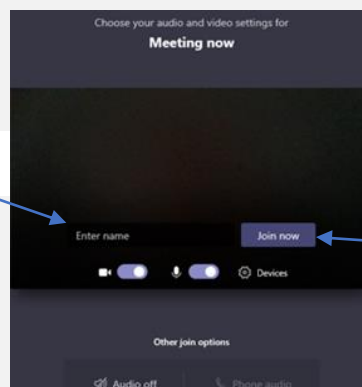
1. Click join on web instead

2. A window will open:

**Click Yes so others can see and hear you in the meeting.**



3. Enter your name



4. Click join now