

Perinatal Mental Health Team (PMHT)

Who will refer me?

If you have any concerns then please discuss with any of the following NHS health professionals:

- GP;
- Midwife;
- Health Visitor;
- Obstetrician;
- Mental Health Professionals;
- Neonatal Nurse.

Unfortunately at this point we are unable to accept self-referrals.

What happens once I have been referred?

You will receive a letter with an appointment for an assessment within four weeks. If the wait is any longer we will contact you.

What does the assessment involve?

The assessment will take up to two hours, dependent on your needs. The aim is to gather enough information to be able to understand your current concerns. This may involve asking questions about your current situation, your pregnancy/birth experience and your background. This assessment will help us understand whether we are the most appropriate service to meet your needs, and what kind of support might be most effective.

Some of our service users have said:

“The treatment from the perinatal service has allowed me to really enjoy becoming a mother and to give my son the support he needs”

“Before having the perinatal treatment I didn’t think I’d be able to cope with another pregnancy, but now I feel confident that I would cope and I would know how to deal with anxiety and OCD should it start to creep back into my mind”

“Thank you so much for your support, comfort and for believing in me when I did not myself”

We welcome your feedback

We value your feedback directly, or via the ‘Friends and Family’ questionnaire that you will receive once you have been seen within our service.

If you would like to give feedback or make a complaint formally then please contact:

Patient Advice and Liaison Service:

Coventry and Warwickshire Partnership NHS Trust
Wayside House, Wilsons Lane, Coventry CV6 6NY
Tel: 0800 212 445 or 024 7653 6804

George Eliot Hospital NHS Trust
College Street, Nuneaton, Warwickshire CV10 7DJ
Tel: 024 7686 5550

South Warwickshire NHS Foundation Trust
Lakin Road, Warwick CV34 5BW
Tel: 01926 495 321

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Pregnancy, childbirth and parenting can bring a range of emotional changes for parents.

Accessing early intervention and support is known to have a beneficial effect on the development of the baby as well as the mother's own emotional wellbeing.

Who are we?

We provide a service for mothers during pregnancy and up to one year after giving birth who are experiencing mental illness related to their pregnancy, the idea of childbirth or becoming a parent.

We consist of Consultant Perinatal Psychiatrists, Clinical Psychologists and Community Psychiatric Nurses.

We can support women in these areas:

- Coventry and Rugby
- North Warwickshire
- South Warwickshire

Is the service right for me?

Yes, if you are experiencing any of the following difficulties during pregnancy or up to six months after giving birth:

- Pre-existing mental illness that has become worse or changed in the perinatal period;
- Feeling persistently low in mood or depressed during pregnancy or after giving birth;

- Antenatal or postnatal anxiety and / or intrusive thoughts;
- Not feeling connected to or loving your baby;
- Psychosis;
- Prolonged reactions to loss, such as stillbirth;
- Phobias e.g. fear of childbirth, fear of needles;
- Birth trauma;
- If you have a close female relative with bipolar disorder or psychosis.

How can the service help me?

You will be able to talk through concerns with a specialist perinatal mental health professional.

You will be listened to compassionately and together we will make a plan to help address your needs.

We can offer a range of support including:

- Assess and discuss appropriate treatment options;
- Care Plan and support;
- Specialist psychological therapies including Cognitive Behaviour Therapy;
- Advice and management for medication options.

