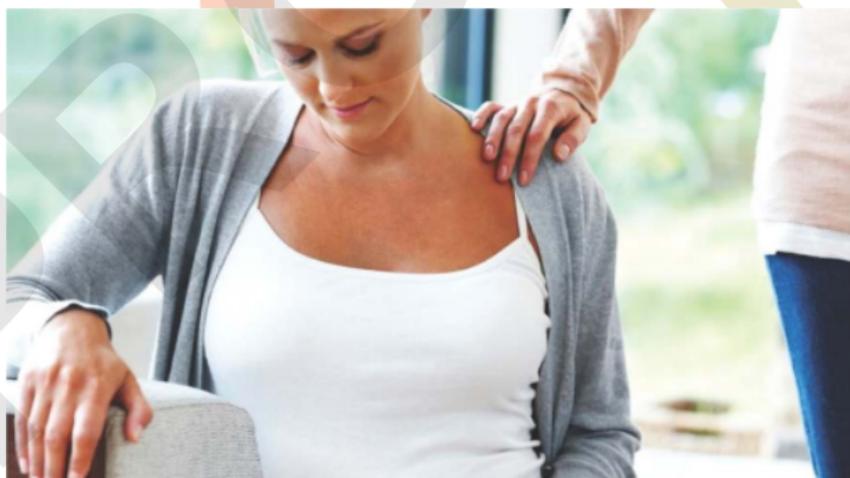


Perinatal Mental Health and Emotional Wellbeing Service

Primary / Intermediate Mental Health Team



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred

Positive

Compassion

Excellence

Maternal Mental Health

You may have mixed emotions about pregnancy, child birth and your baby. This is completely normal and there is support available.

These are some common signs that you should talk through with us, your GP, your midwife or health visitor.

- Tearfulness.
- Being irritable.
- Lack of concentration.
- Change of appetite.
- Tiredness or sleep problems
- Racing thoughts.
- Feeling anxious and worried.
- Lack of motivation and interest.

Some women may also have:

- Suicidal thoughts.
- Ideas to harm themselves.
- Unwanted intrusive thoughts or memories.

Perinatal Support includes

Information and support with:

- Anxiety + Depression + Stress
- Self-esteem + Confidence + Trauma
- One to one sessions and close liaison with midwives and health visitors
- Support groups with likeminded people
- Psychosocial interventions and strategies for dealing with distress
- Mindfulness and relaxation exercises
- Advice and support around medication choices
- Relapse prevention planning

For Partners

The arrival of a new baby can be a difficult time for partners and family supporters, you are entitled to a little help yourself, therefore please ask about a **carer's assessment**.



What to Expect

After being referred, you will be sent a letter for a confidential appointment in our community bases with one of our team. Any change to appointments will be advised at least 24 hours in advance where possible, and please try to keep booked appointments. Multiple cancellations may lead to discharge.

We will talk to your about current feelings, and thoughts as well as some past history in order to reach a shared understanding of what will help you and your family to thrive.

A variety of treatments or interventions may be available, a Mental Health worker will maintain contact with you 3 - 6 weekly and you may also choose to attend a support group in a childrens centre which can help in a variety of ways:-

This is the only group where I can be myself especially when I am down

I don't feel embarrassed to share my problems

when I come to group it makes me feel safe and gives me courage

I can relax in the group, its also helped me build confidence to attend other groups



Self Care

Try not to bottle things up - acknowledge your emotions by talking to your partner or your friends and family.

Let off steam - sometimes it all gets too much, try punching your pillow or a punching bag, or having a good cry as these can also help release emotions. None of these will do anyone any harm.

Write down how you feel - some people find that it helps to write, keeping a journal or blogs and social networking sites can also be a good way to express your feelings.

Exercise - regular exercise release chemicals in the body that can help you feel better. Even just going for a walk each day can help.

Support Groups - Please contact our service if you would like up to date information on what is available.

Helplines and Websites

PANDAS - 0848 248 901

www.pandasfoundation.org.uk

National Childbirth Trust - 0300 330 0700

www.nct.org.uk

Blackpool Carer's Centre - 01253 393748

Useful contact details

Intermediate Mental Health Team

Perinatal Service

Moor Park Health Centre

Blackpool

FY2 0JG

Telephone: 01253 957602 / 957607

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: 01253 955589

email: patient.relations@bfwh.nhs.uk

You can also write to us at:

Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website:

www.bfwh.nhs.uk

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Policy Co-ordinator/Archivist 01253 953397

Approved by:

Date of Publication: 21/04/2016

Reference No: Ic00010352 PL/1023 (v1)

Author: Stefanie Maudsley

Review Date:



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