

Plymouth Perinatal Mental Health Team

Tel: 01752 431607



A service for women or birthing people who require specialist perinatal assessment and treatment for their mental health in pregnancy and up to 24 months after their babies birth.

Crisis/Emergency

Please do not leave any urgent messages on voicemail as they may not be received until the next working day.

Out of Hours please call **111** to speak to a GP or The First Response Service on **0800 923 9323** (a 24/7, 7 days a week service for patients and families).

If you have been referred to the **Perinatal Team** and have any queries / questions about our service please do not hesitate to contact us by telephone.

Contact Details

Perinatal Mental Health Team

Ridgeview
Plympton Clinic—1st Floor
Station Road
Plymouth
PL7 2AU

Tel: 01752 431607

Monday to Friday **9am-5pm** (*excluding bank holidays*).

livewell.perinatalmht@nhs.net



Livewell Southwest



@livewellsw

Supporting people to be Safe, Well and at Home

Livewell
Southwest

Pregnancy and Mental Health:

Most of us expect to feel happy, excited and positive in pregnancy and the post natal period. However, it doesn't always happen like this and up to 1 in 5 women or birthing people experience mental health problems in the perinatal period.

Who is the service for?:

Women or birthing people who:

- are planning a pregnancy
- are currently pregnant
- have babies up until 24 months of age.

The Perinatal Mental Health Team (**PMHT**) in Plymouth is for women or birthing people who become moderate to severely unwell for the first time or for those who have had past experiences of severe mental illness.

Not every woman or birthing person with a mental health condition during the perinatal period will need our service.

Our Aim:

- Is to support women or birthing people and their family in promoting mental wellbeing in pregnancy and in preparation for the post-natal period.
- Is to identify women or birthing people who are at an increased risk of becoming unwell in the perinatal period and to offer evidence based interventions to promote positive mental

What we do and what we offer:

We accept referrals from Midwives, GPs, Health Visitors or other health care professionals within the Plymouth area. We do not accept self referrals.

With your consent, these professionals will share relevant information (a referral) about your mental health with us.

After receiving a referral we will consider the information provided. From this we may offer you an appointment to meet with our team for an initial assessment.

If we do not feel we need to see you face to face we may offer suggestions about where we feel your care needs are best met.

If you are already receiving care from a community mental health team we would look to working alongside existing professionals during the perinatal period and offer specialist advice and input.

Preconception advice, pregnancy and birth planning for women or birthing people who have had a previous episode of moderate to severe mental illness.

Who are we?

Our small, community based multidisciplinary team consisting of: a Consultant Psychiatrist, Clinical Psychologist, Perinatal Mental Health Nurses, Therapists, Specialist Nursery Nurse, Assistant Psychologists, Peer Support Workers, a Specialist Link Midwife and Team Administrators.

How long will you have to wait for an appointment?

We aim to offer a face to face initial assessment between 2-4 weeks of accepting a referral.

If a woman or birthing person needs to be seen sooner due to a crisis or more urgent situation, they may be assessed by the mental health duty/crisis team prior to being referred to the PMHT.

Useful information:

www.livewellsouthwest.co.uk/plymouth-options

www.medicinesinpregnancy.org

www.nhs.uk/conditions/postnataldepression

www.devonmind.com

www.samaritans.org