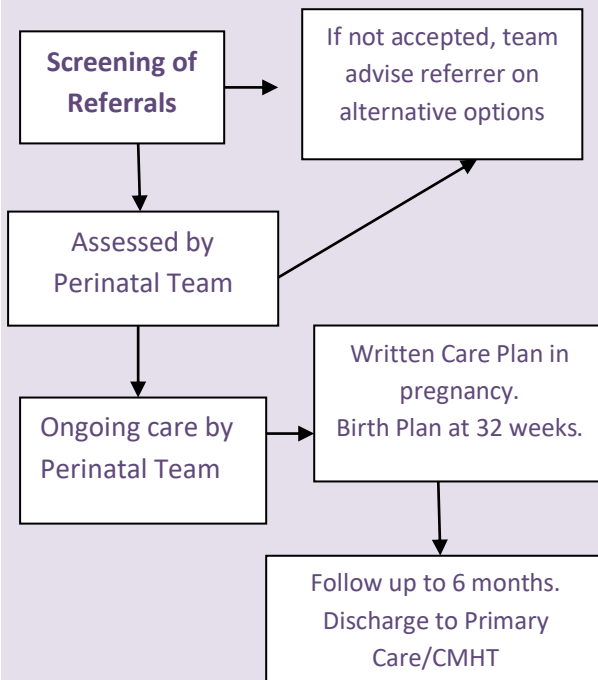


Referral Process

Women can be referred by any professional working with the woman in the perinatal period.

Referral forms can be found on the intranet and emailed to PeriNatalReferrals.ABB@wales.nhs.uk

SERVICE REFERRAL PATHWAY



Feedback about the Service

We are continually striving to improve our service. Therefore, your feedback is very important to us. We welcome any compliments, comments or suggestions that may help to improve NHS services across the board.

You will find our feedback facility at www.puttingthingsright.wales.nhs.uk

Contact Details

Telephone: 01495 363 475
(for information/advice only)

Email: PeriNatalReferrals.ABB@wales.nhs.uk

Out of Hours: Contact GP



Leaflet References

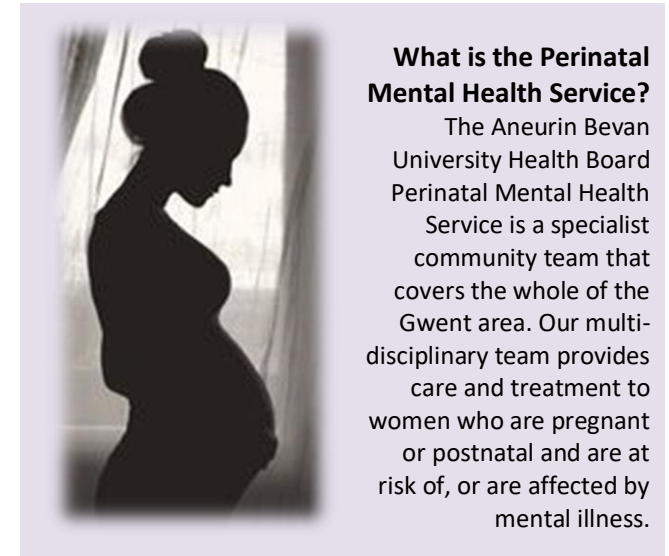
- Antenatal and postnatal mental health: clinical management and service guidance. *NICE Clinical Guidance 45*.
- Royal College of Psychiatrists' Public Education.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Perinatal Mental Health Service

Service Information Leaflet



What is the Perinatal Mental Health Service?

The Aneurin Bevan University Health Board Perinatal Mental Health Service is a specialist community team that covers the whole of the Gwent area. Our multi-disciplinary team provides care and treatment to women who are pregnant or postnatal and are at risk of, or are affected by mental illness.

Who is in our team?

Our team includes a consultant psychiatrist, psychologists, mental health nurses, specialised midwife and administrative staff. We also have students on training placement.



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How mental health can be affected during pregnancy

Although many women have good mental health during and after pregnancy, mental health difficulties are very common with up to 4 in 10 mums reporting significant stress, anxiety and depression. People often expect to feel great about being a new mum and often this is not the case. Having a baby is a life changing event. For some Mums, this may be their first experience of mental health problems; however we are also aware that women who have had experience of significant mental health difficulties in the past or who have a family history of certain mental health problems can be at increased risk of experiencing mental health problems during pregnancy and after childbirth. Although a rare presentation, a small number of Mums may go on to develop postpartum psychosis (or puerperal psychosis) which is a severe episode of mental illness which begins suddenly in the days or weeks after having a baby. Symptoms vary and can change rapidly. They can include high mood (mania), depression, confusion, hallucinations and delusions. Postpartum psychosis is a psychiatric emergency. Please contact us for advice immediately if you are concerned about a Mum presenting in this way.



Who can be referred to the service?

A primary aim of our service is to prevent significant mental health difficulties from occurring or becoming worse. We therefore recommend you refer the following three groups of women:

1. A client who is pregnant or planning a pregnancy and has ever had:
 - A serious mental illness, such as schizophrenia, bipolar disorder, schizoaffective disorder or severe depression.
 - Postpartum psychosis or severe postnatal depression.
 - A severe anxiety disorder such as obsessive compulsive disorder (OCD), post-traumatic stress disorder and others.
 - An eating disorder, such as anorexia or bulimia.
2. There is a family history of postpartum psychosis. This can sometime increase the risk of mental health problems after childbirth.
3. You are concerned that the pregnant woman or new mum (up to 6 months) is becoming unwell and feel that the services you can offer are not sufficient for her needs.

What treatment is available for mental health problems during pregnancy?

The best treatment for the new mum will depend on the type and severity of the illness they have experienced. Both medication and psychological therapies (talking treatments) can help. Untreated mental illness can increase the risk of pregnancy problems and can affect the parent-child relationship.

What do we offer?

We offer evidence based treatments in a way that is best suited to the woman, her baby and family. Depending on the new mum's needs at the time of referral, she may be offered the following:

- Practical and emotional support
- Medication advice. It is very important that the woman does not stop her medication suddenly, unless advised by the GP to do so.
- Psychological consultation, assessment and advice.
- A range of psychological interventions including Mindfulness and Acceptance and Commitment Therapy groups.
- Advice on local services and information.
- Care planning.

We are able to treat women at:

- Maternity Hospitals
- Outpatient Clinics
- Home Settings

Support for Fathers

Pregnancy and parenthood is a big change in both parents' lives. Fathers often need support, advice and other resources

when coping with parenthood or supporting their partner. You can visit the Dads Matter UK website on www.dadsmatteruk.org for guidance and support.

