

Making a referral

You can self-refer, or your GP, midwife or another healthcare professional can refer you.

To ensure care is provided as recommended by NICE guidelines, you may be offered psychological services in the first instance. This may be within another service. You may also be offered a joint assessment with another NHS mental health service.

Useful contacts

- Samaritans: call **116 123** or visit [samaritans.org](https://www.samaritans.org)
- Nightlink: call **0808 800 0306**
- Mental Health Connect 24/7 helpline: call **0800 038 5300**
- [livinglifetothefull.com](https://www.livinglifetothefull.com)
- [app-network.org](https://www.app-network.org)
- [help4mums.org](https://www.help4mums.org)
- [nhs.uk](https://www.nhs.uk)
- [rcpsych.ac.uk](https://www.rcpsych.ac.uk)

How to contact us

We are available Monday to Friday 9am to 5pm.

Call **01872 246 820**

Email cpn-tr.perinatal@nhs.net

SEAP Cornwall

Call **0300 3435706**, text 'SEAP' to **80800** or visit [advocacyincornwall.org.uk](https://www.advocacyincornwall.org.uk)

Second opinions

Rethink Mental Illness:
[rethink.org/advice-and-information](https://www.rethink.org/advice-and-information)

Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.

Call **01208 834 620**

Email cpn-tr.palscft@nhs.net



To get this information in another format email:
cftcommunications@nhs.net

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Perinatal mental health team

Mental wellbeing around the time of having a baby



Great care

Great organisation

Great people

Great partner

Most women have good mental health during pregnancy, but if you have had a previous episode of mental illness this may increase the risk of further episodes during and after pregnancy.

Who are we?

The perinatal mental health team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period.

Who is the service for?

The service is for pregnant women with a pre-existing mental illness or those at risk, and women who encounter mental health illness for the first time during or after their pregnancy.

We are a county-wide team that works with women of all ages, across a range of significant mental health difficulties, including:

- bipolar disorder
- severe depression and anxiety
- schizophrenia
- puerperal or post-partum psychosis.

What do we offer?

- Consultation and advice on mental health concerns and treatments.
- Pre-conceptual advice, and pregnancy and birth planning.
- An assessment that takes into account what is important to you during your pregnancy.
- A care plan that meets your personal needs and the needs of the baby.
- Evidence-based interventions to address attachment issues that may arise as a result of ill mental health.
- Bespoke packages of care and support for up to 2 year postnatally.
- Planning for the postnatal period to promote wellness and prevent relapse.
- Advice in prescribing medication for mental health during pregnancy.
- Information about other services.
- Evidenced-based psychological interventions.

How will I know if the service is right for me?

We will talk to you about any concerns you have, how we can help and whether telephone advice or an appointment is necessary.

Who is in the team?

Our multi-disciplinary team consists of:

- specialist perinatal mental health nurses
- occupational therapists
- psychologists
- social workers
- nursery nurses
- partner peer support workers
- peer support workers
- perinatal psychiatrists

We also work closely with other services including midwifery and health visitors.

How long will I have to wait for an appointment?

Once a referral is received we will contact you by telephone within 1 to 3 working days to discuss your perinatal needs, unless urgent. Following this initial contact we aim to offer a face to face appointment within 4 weeks.

We offer telephone, video and face-to-face appointments. We will try to offer you a face-to-face appointment close to where you live.

You can bring someone with you to your appointment and we can also arrange an interpreter if required.