

Discharge from the service

Planning for your discharge from the service will begin from the start of your care planning process, and is reviewed at regular intervals throughout your time with the service. The amount of time that you will spend in the care of the service will depend upon your individual needs, but can begin any time after conception and end any time up to one year after giving birth (postpartum).

When you no longer require the help of the service, or it is no longer suitable to meet your needs, you will be discharged back into the care of your GP, for further support from other mental health services, and possibly help from other agencies depending on your individual circumstances. Universal services such as health visiting will also continue if this is still appropriate.

Team Contact Information

Our teams are contactable between 9am and 5pm, Monday to Friday.

North Team - 01245 315637

South Team - 01702 538170

In case of a crisis

If you or your loved one is in crisis outside of the above hours please call: 0300 123 0808

If there is an immediate risk to a mother or her baby please go to A&E.

How to get a second opinion

A second opinion is an independent expert assessment of an individual, and their clinical issues. In some cases service users wish to seek a second opinion, such as if they are unsure of, or disagree with their diagnosis. If you want to request a second opinion, this request should be made in writing to your consultant.

How to access your health records

You can have access to any record in which you are identifiable including: assessments, treatment plans, reviews, decisions etc. In order to access these records you can ask the person who has written the record about your care to share it with you.

You can also contact the access to records team:

Telephone: 01268 246873

Email: accesstorecords@eput.nhs.net

How to access advocacy

Advocacy is being supported by someone to help express your views and ensure that your voice is heard. The person supporting you is your advocate. You can ask a friend or family member to act as your advocate, or you can use an advocacy service such as:

Essex Advocacy – (excluding Southend and Thurrock) www.essexadvocacy.org.uk

POhWER Southend – www.pohwer.net/southend

Thurrock Advocacy Service – www.thurrockadvocacy.org.uk

Patient Advise and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the PALS team on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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Perinatal Mental Health Service



Perinatal Mental Health Service

The perinatal mental health service operates across Essex, providing community based treatment and support for women who are currently experiencing, or are likely to experience a mental health issue during the perinatal period (from conception and up to baby's first birthday).

The team aims to help mums and their families to have safe, healthy pregnancies, and supportive postnatal experiences by promoting well-being and preventing relapse.

Who is in the team?

The team is made up of a number of perinatal practitioners, all of whom are highly trained and specialise in perinatal adult and infant mental health, including:

- Mental Health Nurses
- Specialist Consultant Perinatal Psychiatrists
- Psychologists
- Occupational Therapists
- Health Visitors
- Counsellors

Who do we see?

The service is open to mums and mums-to-be who are currently experiencing a moderate to severe mental health issue, or have in the past experienced a serious mental health issue.

This may include issues such as:

- Traumatic birth experiences
- Anxiety
- Depression
- Intense fear of childbirth (Tokophobia)
- Psychosis
- Obsessive compulsive disorder
- Bipolar affective disorder
- Personality difficulties

The service may also be suitable in cases such as if:

- You are pregnant or planning a pregnancy, and need advice about your mental health and treatment
- You are currently having, or have previously had, severe difficulties bonding with your baby
- You have a strong family history of mental health difficulties in the perinatal period and you are currently unwell
- You are pregnant and have had a previous stillbirth or death of an infant, and are experiencing ongoing mental health difficulties as a result

What do we do?

We first offer an assessment meeting with the team, to determine whether the service is right for you. This can be during pregnancy or postnatally, and may include several members of the team such as a perinatal practitioner, psychologist, or psychiatrist. At the meeting we will discuss your current situation, and how pregnancy and parenting has had an impact on your well-being.

If the service is a good fit for you, we can provide help and support by developing a personalised care plan with you, which may include:

- Advice and support over the telephone
- Face to face support in your local community or at home, depending on your needs
- Pre-birth care planning
- Guidance and support for your partner and family
- Medication – prescribing, advice and review
- Psychological ('talking') therapy – individually or in groups
- Support around the relationship between mum and baby
- Goals that fit in with your hopes for the future

If you are planning to have a baby, and have a diagnosed mental illness, are on medication for your mental health or have experienced previous serious postnatal difficulties, we can support you by providing pre-pregnancy advice and guidance about possible risks and treatment options.

We aim to work closely with the professionals involved in your care, including midwives, obstetricians, health visitors, GPs, recovery care-coordinators and any other involved community agencies. We will try to involve everyone important in planning for your care during pregnancy, birth and immediately after delivery. With your agreement, the pregnancy and birth plan will be shared with your midwife, obstetrician, GP, health visitor and others involved in your care.

