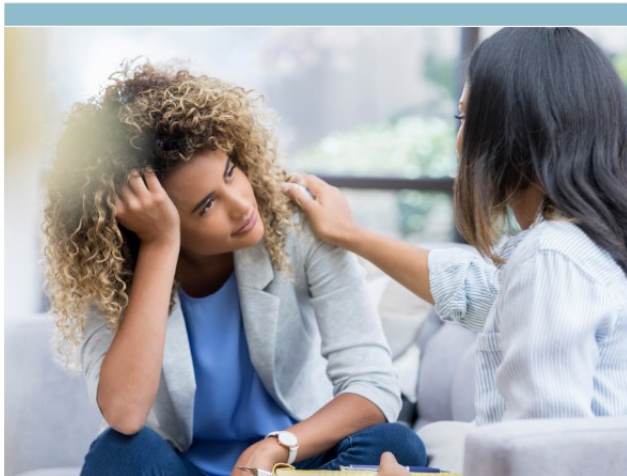


Our Service Aims

- To provide the best possible care, treatment and support to you and your baby
- To help you to stay as well as possible during the perinatal period
- To support you and others around you to recognise if you become unwell
- To help you to enjoy your pregnancy and your baby
- To support you in developing your confidence as a parent
- To provide information on mental health conditions and treatments

“ **The Perinatal Team has been a lifeline for me** ”



Contact Us

Northgate Health Centre,
Northgate,
Bridgnorth,
WV16 4EN
Tel: 0300 303 4132

Email:

perinatal.shropshirecommunityteam@mpft.nhs.uk

Useful Websites:

<https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/what-are-perinatal-mental-health-services>

<https://perinatal-treatment.com/getting-started/>

If you require this information in another language, in larger print, in easy read or any other format, please contact us

Produced in consultation with service users



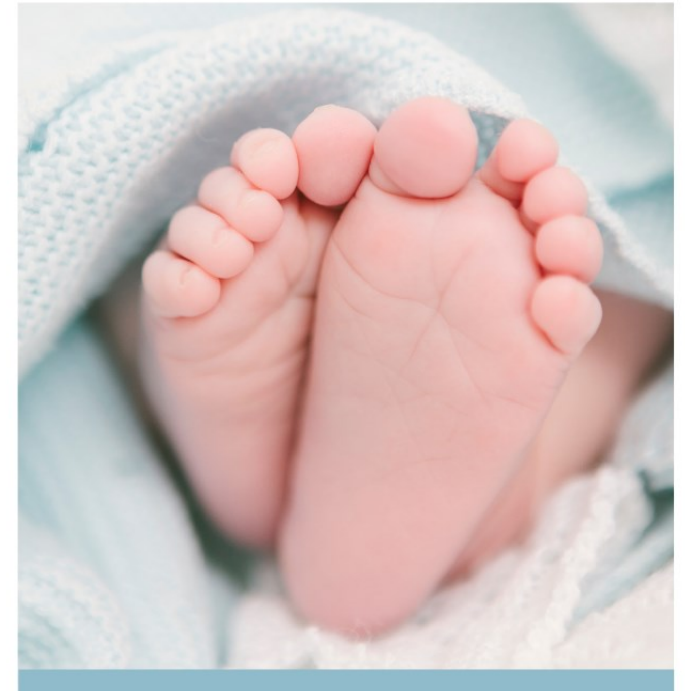
May 2021

Ref:



NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Shropshire Perinatal Community Mental Health Team



A service for women across Shropshire and Telford who require specialist assessment and treatment for their mental health during pregnancy and up to a year after baby's birth

What to expect from the team:

- An individualised assessment by a qualified mental health nurse, either face to face or virtually
- The best available treatments
- Individual or group support
- Support for your wellbeing and recovery
- Advice before pregnancy for people with mental health conditions
- Advice on using medication while pregnant or breastfeeding
- Support in building a positive relationship and attachment with your baby

Is this service right for me?

This service is right for you if you are pregnant or planning to be and have a moderate to severe mental health condition such as:

- Schizophrenia or Bipolar
- Moderate to severe anxiety
- Moderate to severe depression
- Post Traumatic Stress Disorder
- An eating disorder
- You have experienced previous severe mental illness such as psychosis or depression during or after a pregnancy

Further information

Our [team is a](#) group of professionals who work together to provide a package of care and treatment most suitable for you.

The team includes a psychiatrist, nurses, nursery nurses, psychologists, an occupational therapist and administrators.

The team is available 9-5 Monday to Friday (except bank holidays).

Please talk to your midwife, GP, health visitor or other healthcare professional for a referral to our service. We are unable to accept self referrals.

“*Made me feel less alone*”



“*Enabled me to recognise my triggers and acknowledge that my mental health problems are an illness not a weakness*”

