

Community Perinatal Mental Health Team

Information for patients and carers



www.nhsggc.org.uk/perinatalmentalhealthservice

Name of Perinatal Team member(s)

Community Perinatal Mental Health Team

We provide a specialist service to women living in the NHS Greater Glasgow and Clyde (NHSGGC) area and those attending any of the NHSGGC maternity hospitals. Our multi-disciplinary community team cares for women who are seeking pre-pregnancy advice or are pregnant. We also see women who are referred within 6 months of the postnatal period, and may remain involved up to 12 months postnatal.

What is the Community Perinatal Mental Health Team?

We are a specialist multi-disciplinary team providing care and treatment to women who are pregnant or postnatal and are at risk of, or are affected by, mental illness. We also offer expert advice to women considering pregnancy if they are at risk of a serious mental illness.

We offer evidence-based treatments in a way that is best suited to you, your baby and family. Mental health problems are not uncommon during this time but they are known to respond well to care and treatment. We are able to see women at:

- maternity hospitals
- outpatient clinics
- home settings

Why have you been referred to the service?

There are various reasons why you may have been referred. Perhaps:

- you have been treated for a mental health problem in the past and you are planning a further pregnancy or are already pregnant.
- your GP, midwife, obstetrician or health visitor feels that you may be unwell and could benefit from our help.
- there is a family history of certain mental health problems, such as bipolar affective disorder or postpartum psychosis, which can sometimes increase the risk of mental health problems after childbirth.

Who is in our team?

Our multi-disciplinary team are a group of professionals with different skills and expertise who work together to provide a package of care and treatment that is appropriate for you. The team includes psychiatrists, mental health nurses, a nursery nurse, a social worker, healthcare assistant, support staff and administrative staff. We also have students on training placements.

How can we help?

Following an initial assessment your careplan will be tailored to your individual needs. Common treatments may include talking therapies, medication and working with you and your baby together. You may be offered the following:



Outpatient Clinic Assessment and Treatment

This usually involves you attending one of our clinics where staff will assess your particular needs and discuss options regarding any care and treatment you may require.

We will usually either send you a letter with an appointment date or ask you to contact us by phone to make an appointment. There are clinics at various locations. Where possible, we will try to give you an appointment near your home or the hospital where you will deliver your baby.

At the first appointment we would ask you to bring your maternity record. You are welcome to bring a partner/family member or friend to the appointment, but we find it helpful to speak to you alone for some of the time.



Treatment and Support at Home

It may be helpful to receive care and treatment in your own home. Our community outreach team can provide this. Staff from the team can work with you, your family and with others involved in your care e.g. your GP, midwife, health visitor or social worker.



Maternity Hospital Assessment

Occasionally your midwife or obstetrician may ask us to see you while you are on the antenatal or postnatal wards. They will discuss this with you before we visit.

Care Plan for pregnancy and the early postnatal period

If you are pregnant and receiving care from the Perinatal Mental Health Service, then your psychiatrist and any other team members involved in your care will agree a mental health care and treatment plan with you. This plan will be agreed a few weeks before your delivery in preparation for the birth and the early postnatal period. With your agreement, the care and treatment plan will be shared with your midwife, obstetrician, GP, health visitor and others involved in your care to ensure that you receive the agreed treatment.

Appointments with our service

You will be allocated a named healthcare professional who will be your main point of contact via the telephone number for our service. If you need to speak to a healthcare professional outwith working hours call 111. In an emergency call 999.

If you are unable to keep your appointment we ask that you give us as much notice as possible if you need to rearrange or cancel your appointment. This allows us to make best use of our clinical time. To cancel or rearrange your appointment please call us.

If you need an interpreter to be present or require any specific support to attend your appointment please inform our administration staff when you receive your appointment letter.

Involvement of partners and significant others

We will ask for your consent before sharing any information with friends, family members and carers. Additional support is available for carers (see below).

Confidentiality and Consent

When you talk with a health professional in private you will expect that what is said remains confidential. This principle is central to trust between patients and their doctor or other health professionals. Details of your care and treatment, including anything you tell us, remain confidential and will only be shared within our multidisciplinary clinical team (which includes health and social care staff).

All health professionals are bound by law and professional codes of conduct to this duty of confidentiality to their patients.

Once you have been seen, we will write back to the person who referred you. Usually we also send copies of our assessment to your GP, health visitor, obstetrician, midwife and social worker (if you have one) - unless you do not give permission for us to do so.

Occasionally there may be serious concerns for your safety or for the safety of others. In these circumstances we have a responsibility to discuss relevant information with other agencies, including social services, who can offer help, support and protection.

In most cases, you have the right to access your health records. You can discuss this with your Perinatal Team member. You can also do this by writing to the Medical Records Manager, Leverndale Hospital, 510 Crookston Road, Glasgow, G53 7TU.

Comments, Suggestions and Complaints

If you are unhappy with any aspect of the service, please talk to a member of the team who will investigate the issues that you have raised and get back to you. Alternatively you may wish to contact the Nurse Team Leader on 0141 211 6500. If the issue cannot be resolved and you wish to make a formal complaint, staff will provide you with information outlining the process.

Carers support

A carer is someone who looks after a partner, relative or friend who cannot manage without help because of illness, frailty or disability. They may or may not live together.

If you would benefit from support in your caring role, local carers services can help. They can provide you with help and support regarding a number of issues including access to respite, short breaks, information and advice on a wide range of topics, emotional support and access to carers support groups. To find information about your local carers service anywhere in Scotland please contact

The Carers Information Line

Telephone: 0141 353 6504

Email: info@glasgowcarersinformation.org.uk

Information for Referrers

We accept referrals from a wide range of professionals. Please contact us for details on referral criteria and forms to access our services.

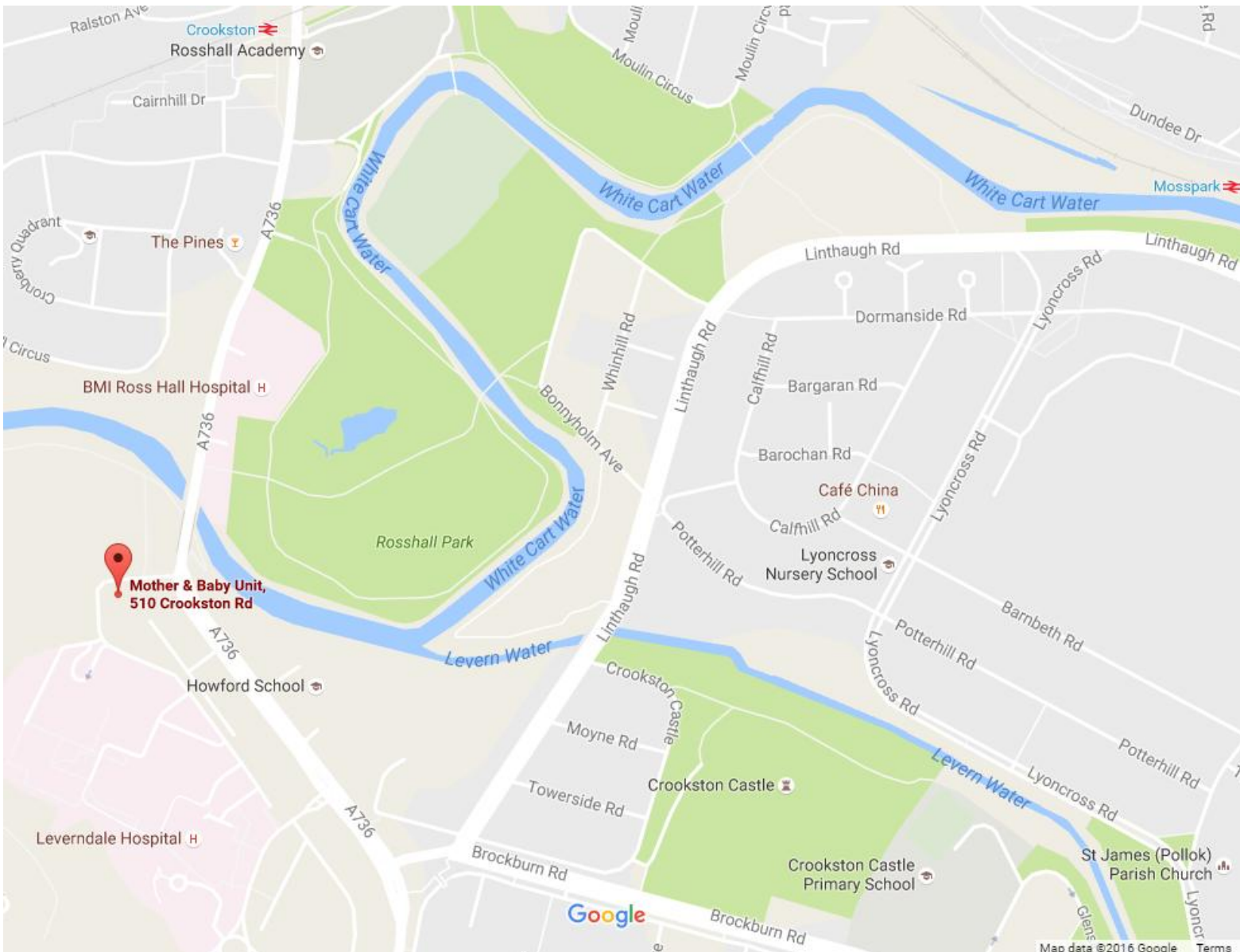
We provide an Advice line **for Professionals** to discuss referrals. This service is available weekdays (except Wed) from 9.30am to 12.30pm on 0141 211 6500.

How to find us

Perinatal Mental Health Service
Leverndale Hospital
510 Crookston Road, Glasgow
G53 7TU

Telephone Number: 0141 211 6500

Directions: See route planner on www.travelinescotland.com



Urgent access to mental health services – available 24 hours per day

Working hours: Your GP can refer you to the local community mental health team (CMHT) or Crisis Intervention Team

Out of hours: Call NHS24 on 111. In an emergency call 999.