Perinatal Mental Health

We provide specialist mental health care during pregnancy and after birth across Birmingham and Solihull. We also offer advice before pregnancy.

Health professionals

Who can be referred?

We support people during pregnancy and the first year after birth who:

- Have serious or complex mental health difficulties, including bipolar disorder, psychosis, severe depression, anxiety, OCD or PTSD.
- Have a history of serious mental illness and may become unwell again.
- Are currently well but at high risk of serious illness after birth.

People already supported by another mental health team can be referred for joint care.

If unsure, contact us for advice.

Advice before pregnancy

We offer advice about treatment, medication and staying well for people with current or previous serious mental illness.

Their mental health consultant or GP can refer.

Family history and younger patients

We offer assessment where someone has a personal history of mental health difficulties and a parent, sibling or child with bipolar disorder or postpartum psychosis.

Where there is a family history only, we can advise the maternity team.

People aged 16 or 17 may receive joint care with children and young people's mental health services. For under-16s, contact us for advice.

When another service may help

For mild to moderate depression or anxiety, these services may help:

- **Birmingham Healthy Minds** – NHS talking therapies, including a perinatal pathway for difficulties linked to pregnancy or birth. Please state if the person is pregnant or has recently had a baby when referring.
- **Acacia Family Support** – support for parents experiencing depression or anxiety during pregnancy or after birth.
- **Approachable Parenting** – parenting programmes and family support during pregnancy and the early years.

Substance use or a learning disability alone would not usually require our service. Please include any other mental health needs or risks.

If unsure which service is suitable, contact us for advice.

How to refer

Discuss the referral with the patient and obtain their consent.

Include:

- Patient contact details and GP surgery postcode.
- Due date or baby's date of birth.
- Current concerns, mental health history and medication.
- Risks, safeguarding concerns and professionals involved.
- Communication needs and the help the patient wants.

Refer through Single Point of Access (SPOA)

What happens after referral?

We check the referral and its urgency.

For suitable referrals, or where we need more information, we contact the patient within **two working days** for a phone or video screening call.

We then discuss the referral at our weekly meeting and agree the next steps. Sometimes we can book an assessment during screening.

If another service is more suitable, we explain why to the patient, referrer and GP and advise on support.

Urgent referrals

If a patient needs an assessment the same day or within 24 hours, refer through Single Point of Access (SPOA) for crisis team assessment. Make a referral to the perinatal team at the same time.

If there is a risk of harm to the patient or others, clearly explain the risks and urgency when contacting SPOA. Do not wait for routine perinatal screening.

SPOA contact details: call **0121 301 5500** or email **bsm-tr.referrals@nhs.net**

If there is immediate danger to life, call 999.

Partner organisations

Agreed partner organisations can refer using our partner referral form.

Which organisations can refer?

- Acacia Family Support.
- Action on Postpartum Psychosis.
- Nishkam.
- Maternity Engagement Action.
- Approachable Parenting.

Who can be referred?

The same clinical criteria apply to referrals from partner organisations.

See above Who can be referred section.

How to refer

Discuss the referral with the patient and obtain their consent.

Complete the partner referral form. Include their contact details, GP details, current concerns and any risks or communication needs.