

- **North Devon** – 01271 322 772
e: dpn-tr.perinatalNorth@nhs.net
- **Exeter** – 01392 674 964
e: dpn-tr.PerinatalTeamExeter@nhs.net
- **Torbay** – 01803 396 590
e: dpn-tr.PerinatalTeamTorbay@nhs.net
- **South Hams and West Devon** –
01822 813 070
e: dpt.perinatalteamwestdevon@nhs.net

Our offices are open 9:00am – 5:00pm
Monday to Friday

Outside of office hours there is an answerphone. Professionals can leave a message including their name and contact number and someone from the team will return the call. We request you do not leave messages for any referrals on the answerphone.

If a referral is urgent and out of office hours we recommend you contacting the out of hours GP surgery service.

Useful websites

- www.livinglifetotheull.com
- www.dpt.nhs.uk/resources
- www.app-network.org - action post partum psychosis
- www.samaritans.org
- www.nhs.uk/conditions/postnataldepression
- www.rcpsych.ac.uk - postnatal depression

Reference: 374/06/19

Useful phone numbers

- **NHS 111** Service – available 24 hours a day 365 days a year
- **Samaritans:** 116 123
- **Devon Partnership NHS Trust Patient Advice and Liaison Service (PALS)**
01392 675 686

Contact details

Perinatal Mental Health Team North Devon

The Ladywell Unit
North Devon District Hospital
Raleigh Park, Barnstaple EX31 4JB

t: 01271 322 772
e: dpn-tr.perinatalNorth@nhs.net

Your feedback

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
Franklyn House
Franklyn Drive
Exeter, EX2 9HS

t: 01392 675 686
e: dpn-tr.pals@nhs.net

www.dpt.nhs.uk



NHS

Devon Partnership
NHS Trust

Perinatal mental health service

Based in North Devon

*A service for women who
require specialist perinatal
assessment and treatment
for their mental health in
pregnancy and up to a year
after baby's birth*

www.dpt.nhs.uk/Perinatal

Who we are

We provide a specialist service to women living in Devon (except Plymouth) who would plan to deliver their baby at any maternity unit in Devon (including Derriford). Our team work with women who are seeking pre-pregnancy advice or are pregnant. We can also see women who are referred up to 12 months after childbirth, whose presentation is linked to the perinatal period.

How can I access the service?

Your Midwife, GP, Health Visitor or other healthcare professional can refer you to the service by contacting your local Perinatal Mental Health Team.

If you consider your mental health needs require an urgent response we recommend you contact the out of hours GP surgery service on 111.

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

If you have a moderate to severe mental health condition:

For example:

- Moderate to severe antenatal anxiety, obsessive compulsive disorder or depression
- Moderate to severe postnatal anxiety, obsessive compulsive disorder or depression
- Eating disorder

- Post traumatic stress disorder (PTSD)
- If your mental health is impacting on your relationship with your baby
- You have a diagnosis of bipolar disorder, schizophrenia or mood disorder
- You have experienced severe post natal mental illness such as postpartum psychosis or severe postnatal depression.

How long will I have to wait for an appointment?

If an assessment is required we aim to see everyone within four weeks of referral, unless urgent. The appointment will take around one to one and a half hours and you can bring someone with you to the appointment if you wish.

What we offer

- Making contact with you in a timely way
- An assessment experience that embraces what is important to you in your pregnancy and shared care planning for the postnatal period
- A written letter to you reflecting on the points raised in your meeting
- Advice on prescribing medication for mental health reasons in pregnancy and breast feeding for example depressants)

- Promoting mental wellbeing and relapse prevention in pregnancy
- Perinatal psychology assessment and treatment
- Nursery nurse interventions which can help your recovery
- Pregnancy planning and birth planning for women who are already working with a Recovery Care Co-ordinator from specialist mental health services
- Information about other services, for example our talking therapy service
- We work in a family focused way that considers the needs of you and your family.

Where you will be seen

We offer appointments in a number of different locations including antenatal clinics, mental health wellbeing hubs, children's centres, and some assessments may be completed at your home, if you have had your baby. We ask that you bring your maternity record with you at your first appointment.

Referrals to the team

Your Midwife, GP, Health Visitor or other healthcare professional can refer you to the service, by contacting the appropriate team on the numbers or email overleaf. We are not able to accept self-referrals.