

Next Appointment

<u>Date</u>	<u>Time</u>	<u>Venue</u>

Other Telephone Numbers / Resources

NHS 24
111

Carer's Information and Support Line
0141 353 6504

Breathing Space
0800 83 85 87

Samaritans Glasgow (24 hours)
0141 248 4488

Mental Welfare Commission
0800 389 6809

Police
101

www.medicinesinpregnancy.org

www.choiceandmedication.org/nhs24

<https://www.nhsinform.scot/ready-steady-baby>

Comments & Suggestions

The team would welcome any comments or suggestions you have to make. The team member who is seeing you will be happy to discuss these with you.

Complaints

If you are unhappy about any aspect of the service or your treatment please discuss this with a member of the team in the first instance.

If your complaint is still not resolved to your satisfaction, the Nurse Team Lead will explain our complaints procedure to you. A leaflet outlining the complaints procedure is available upon request from the team.

Louise Stevenson
Nurse Team Lead
Perinatal Mental Health Service
West of Scotland Mother and Baby Unit
Leverndale Hospital
510 Crookston Road
Glasgow
G53 7TU
Tel: 0141 211 6500

Please see our website and full leaflet for additional information.

www.nhsggc.org.uk/perinatalmentalhealthservice



Community Perinatal Mental Health Service

Information Leaflet

Telephone:
0141 211 6500

Opening Hours:
Monday – Friday
09:00 – 17:00

If you require support after 5pm, over the weekend or during public holidays please contact NHS24 on 111

In an emergency dial 999

Community Perinatal Mental Health Service

We provide a specialist service to women living in the NHS Greater Glasgow & Clyde (NHSGGC) area and those attending any of the NHSGGC maternity hospitals.

Our multi-disciplinary team cares for women who are seeking pre-pregnancy advice, who are pregnant or who are referred within 6 months of the postnatal period. We may remain involved up to 12 months postnatal.

What is the Community Perinatal Mental Health Service?

We are a specialist multi-disciplinary team providing care and treatment to women who are pregnant or postnatal and are at risk of, or 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 and home settings.

Why have you been referred?

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 experience who work together to provide a package of care and treatment that is appropriate to you. The team includes psychiatrists, mental health nurses, nursery nurses, occupational therapy, psychology and administrative staff.

How can we help?

Following an initial assessment your care plan will be tailored to your individual needs. Common treatments may include

talking therapies, medication and working with you and your baby together.

Data Protection

Our staff will collect information about you so that you can receive specialist care and treatment, with decisions based on the most current, complete and accurate information. Everyone working within the NHS has a legal duty to keep information about you confidential.

Sharing Information

All staff have a duty to keep information about you confidential; however providing good services may require sharing information about you, usually with your consent.

We will normally contact the person who referred you, your GP and other professionals involved in your care about the outcome of your assessment and any treatment offered.

We will ask for your consent before sharing information with friends, family members and carers.

Your family, friends and carers can raise concerns about your health with staff without your consent but we will not be able to discuss any details.