

## It's OK to tell

The mind changes as well as the body during and after pregnancy.

### Women who report:

- New thoughts of violent self harm
- Sudden onset or rapidly worsening mental symptoms
- Persistent feelings of estrangement from their baby



need urgent referral to a specialist perinatal mental health team

## MIDWIVES

When should you refer to the PMHS?

[Click here](#)

## Perinatal Mental Health Service

### Advice line for Professionals

Obtain clinical advice and discuss access to our service with an experienced clinician



Every weekday (except Wed) from 9.30am to 12.30pm

**Telephone 0141 211 6500**



## E-Referral Form

All referrals to PMHS now accepted electronically  
Referral criteria included

[Click here](#)



## E-Learning modules

Maternal & Infant Mental Health developed by NES

[Click here](#)

# Top Tips for Midwives 2017 from the Mother & Baby Unit and Perinatal Mental Health Service

## Visit our updated website

Resources and information about perinatal mental health

[www.nhsggc.org.uk/perinatalmentalhealthservice](http://www.nhsggc.org.uk/perinatalmentalhealthservice)

