

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

