



# Specialist Mother and Baby Mental Health Service

Pregnant? Just had a baby?  
Worried about your mental health?

If you have a history of severe mental health issues we can provide you with support during your pregnancy and after birth.

Whatever your mental health needs, speak to your GP or midwife who will refer you to the best service for you.

If you're in crisis call  
First Response 01274 221181.

For more details about the service visit [www.bdct.nhs.uk/  
services/specialist-mother-baby-mental-health-service/](http://www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/)

