



**Bradford District Care**  
NHS Foundation Trust



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### **Referral process**

A referral form will need to be completed, available by downloading from our website: [www.bdct.nhs.uk/services/specialist-mother-baby-wellbeing-service](http://www.bdct.nhs.uk/services/specialist-mother-baby-wellbeing-service). This will need to be sent/faxed to SPoA (single point of access).

### **Urgent referrals – for women experiencing a mental health crisis**

Please call the First Response team for an urgent assessment on telephone: **01274 221181**

### **To discuss a referral**

Please call the team via the SPoA number: 01274 251010  
(Monday – Friday, 9am – 5pm)

### **Further information**

Additional information is available via our website: [www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/](http://www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/)



**You & Your Care**



## **Specialist Mother and Baby Mental Health Service**

### **Information for professionals**

Supporting women with their mental health, before, during and after they have their baby.

**You & Your Care**

### **Specialist Mother and Baby Mental Health Service**

We provide advice and support for women who are at high risk during the perinatal period because they have a history of, or current, severe mental health problems. We also provide pre-conception advice about risks and treatments when considering a future pregnancy. The team is made up of:

- perinatal mental health nurses
- consultant perinatal psychiatrist
- nursery nurses
- occupational therapist
- parent-infant and psychological therapists

Women experiencing mental health problems during the perinatal period have specialist treatment needs. They are likely to have contact with a range of different professionals and services and are best cared for with an integrated approach.

#### **Why early intervention and referral is important**

Women are more prone to develop mental health problems in the perinatal period than at any other time; as well as this, they are more likely to have recurring incidents of previous mental health problems. It's important to remember that any woman can develop perinatal mental health problems. Suicide is the leading cause of maternal death.

Poor mental health during the perinatal period can impact on the developing infant and the mother's ability to form a positive relationship with their baby. This can, in some cases, affect the baby's cognitive, behavioural, emotional and social well-being. We focus on preventing problems and intervening early to promote early recovery.

#### **Who is the service for?**

We support women with a range of mental health problems who are considering having a baby, are pregnant or have a baby under the age of one and have a GP within the Bradford, Airedale, Wharfedale or Craven area. The range of mental health problems includes:

- bipolar disorder
- post-partum psychosis
- schizophrenia
- depression or anxiety (OCD, panic, phobia, birth trauma) if the woman has a first degree relative with bipolar disorder or postpartum psychosis, and/or the woman has a significant change in mental state in late pregnancy or early after birth
- eating disorders
- personality disorders
- severe fear of pregnancy and childbirth

We will also provide telephone advice and consultation to health professionals in primary and secondary care about managing and caring for women in the perinatal period.

For more information on the specialist service please see the referral support guidance on our professional section of our website at [www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/](http://www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/)

#### **What does the team offer?**

We work with women, their infants and families in their home and in non-stigmatising settings such as antenatal clinics and community settings. Working closely with other professionals we offer a range of support to ensure families receive the most suitable care to meet their needs. This includes:

- triage of referrals within two working days
- joint psychiatric / obstetric clinics within antenatal clinics in maternity units
- joint work for women currently within secondary mental health services
- perinatal outpatient care
- telephone advice for professionals
- specialist psychological and occupational therapies
- pre-conception advice
- pre-birth care planning and perinatal care plans
- a lead clinician where a woman has perinatal mental health needs only and is not expected to have ongoing mental health needs
- parent-infant assessment, interventions and therapy
- signposting and referral to appropriate interventions and services including Leeds Mother and Baby Unit where appropriate.