



Partners and family members

Partners and family members can find it worrying and stressful when loved ones have mental health needs/concerns. We'll do our best to support the whole family by assessing their needs and providing advice. We will provide age appropriate information for children if that would be of benefit to your family. Please talk to a member of our team if you have any concerns.



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What do I need to do next?

Speak to your health professionals and let them know how you're feeling and that you want support. They can refer you to our Specialist Mother and Baby Mental Health Service.

For more details about the service, visit www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/



Specialist Mother and Baby Mental Health Service

Supporting you with your mental health, before, during and after having your baby.

Pregnancy, birth and mental health

Having a baby is a time of change. You may experience a mixture of emotions and have greater mental health needs during this time. If you've previously experienced severe mental health issues this may increase your risk during and after pregnancy. Sudden changes in mental state in late pregnancy, or after birth, should be taken seriously and advice sought from a health care professional. The Specialist Mother and Baby Mental Health Service is here to support you during this time.

Who is the Specialist Mother and Baby Mental Health Service for?

The service is for you if you're experiencing, or have experienced, moderate to severe mental health issues and:

- are considering pregnancy
- are pregnant
- have a baby under one year of age

We support women of all ages, in Bradford, Airedale, Wharfedale and Craven, with a range of mental health issues.

We work with you, your family and other agencies to support your recovery and are available Monday to Friday 9.00am to 5.00pm.

When should you get help?

You might want to get in touch with your supporting health professionals, i.e. midwife, health visitor, to discuss a referral if, for example, you have:

- bipolar disorder
- post-partum psychosis
- schizophrenia, schizoaffective disorder
- depression
- antenatal and postnatal depression
- anxiety disorders which are impacting on pregnancy or childbirth
- obsessive compulsive disorder
- panic disorders
- birth related post-traumatic stress disorder
- eating disorders
- personality disorders
- severe fear of pregnancy and childbirth

How can you access the service?

Your GP, midwife, health visitor, mental health practitioner or other healthcare professionals can also refer you to the service.

If you're in mental health crisis call First Response **01274 221181**, Bradford's mental health crisis response service, to see how they can help.

What we offer

We aim to contact you within four weeks of receiving your referral.

We offer telephone and face-to-face appointments. You can bring someone along to your appointment if you'd like.

Our service supports you through:

- preconception advice, pregnancy and birth planning if you've previously experienced or are experiencing mental health issues listed before
- consultation regarding medication for mental health reasons during pregnancy and during breastfeeding e.g. anti-depressants
- assessments of your well-being, risk management and treatment options
- working with you to reflect what's important to you during your pregnancy and after having your baby
- shared development of a care plan that meets your personal needs
- planning for your postnatal period to promote wellness and prevent relapse
- helping you to build a positive relationship with your baby
- letting you know about organisations, groups and other help that's available
- home visits where our friendly and supportive staff will be there to listen
- short-term therapeutic interventions to assist you in your recovery
- support with practical childcare and parenting