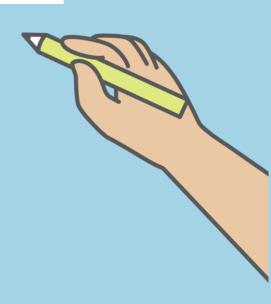


Specialist perinatal and parent-infant mental health services

NOVEMBER 2020







Mental Health advice for professionals working with pregnant and postnatal women, partners and their babies in Greater Manchester

Advice

Non-urgent concerns regarding a woman's mental health in the perinatal period

Non-urgent concerns regarding the infant's emotional well-being and parent-infant relationship For concerns regarding the mother, parent or partner:

- Discuss in consultation with GP
- Consider IAPT Babies Can't Wait referral
- Seek advice from the Specialist Perinatal Community Mental Health Teams

For concerns regarding the infant:

- Seek consultation from local Parent-Infant Mental Health Service
- Seek advice from Health Visitor/Midwife

Examples (not exhaustive)

Evidence of mild low mood or anxiety

Low-moderate worries about the emotional well-being of a parent in the perinatal period Low-moderate worries about a parent-infant relationship (e.g. problems sensitively responding to baby's needs and communications, parent reporting struggling to bond with baby, mixed feelings about baby etc.)

Urgent Advice

Urgent concerns with a woman's mental health in the perinatal period

Urgent concerns regarding the infant's emotional wellbeing and parent-infant relationship **SPEAK** with the Specialist Perinatal Community Mental Health Team and consider urgent referral

And

SPEAK with the local Parent-Infant Service and consider urgent referral

Examples (not exhaustive): Moderate to severe mental health problems including moderate to severe depression, anxiety, psychotic disorders including bipolar affective disorder and schizophrenia Concerns that a woman's mental health is impacting on the parent-infant relationship Moderate to severe concerns about the parent infant relationship (e.g. evidence of hostile behaviour towards towards infant, evidence of neglect and abuse, etc.)

Emergency Advice Emergency concerns with a woman's mental health in the perinatal period

Emergency concerns the infant's emotional well-being and the parent-infant relationship

Emergency referral to Specialist Perinatal Community Mental Health Team

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Emergency referral to Children's Safeguarding

And

Urgent referral to local Parent Infant Mental Health Service

GMMH Crisis line: **0161 271 0450**

Call **999** or attend **A&E** in an emergency

Examples (not exhaustive)

Severe mental health problem with associated risk including concerns of risk/harm to self or others



Perinatal Red Flags:

- Change in mental state in the perinatal period
- New thoughts of violent suicide
- Estrangement from the infant
- Threats of harm to baby
- Suspected harm to baby
- Baby's behaviour indicating trauma - baby has shut down, unresponsive to cues etc.

Greater Manchester offers specialist perinatal and parent-infant mental health input through the Greater Manchester NHS Mental Health Foundation Trust's Specialist Perinatal Community Mental Health Teams and Parent-Infant Mental Health Teams.

The Specialist Perinatal teams can be contacted via:

Cluster 1	Laureate House, Wythenshawe Hospital, Southmoor Road, Manchester, M23 9LT Telephone: 0161 271 0188 Email:	•	Stockport Trafford Central Manchester South Manchester
	gmmh-ft.perinatalservicesmanchester@nhs.net		
Cluster 2	Old Trust Headquarters, Prestwich Hospital, Bury New Road, Prestwich, Manchester, M25 3BL Telephone: 0161 271 0188 Email: gmmh-ft.perinatalservicesmanchester@nhs.net	•	Bolton Bury Wigan Salford
Cluster 3	Floor 11, Hexagon Tower, Crumpsall Vale, Blackley, Manchester, M9 8GQ Telephone: 0161 271 0188 Email: gmmh-ft.perinatalservicesmanchester@nhs.net	•	Tameside & Glossop Rochdale Oldham North Manchester

The Parent Infant Mental Health teams can be contacted via:

Bolton Parent and Infant Relationship Service Bolton CAMHS, Royal Bolton Hospital, Minerva Road, Bolton BL4 0JR	For referrals e: PIMHS@boltonft.nhs.uk t: 01204 483222 or 01204 463407		
BABS (Building Attachments and Bonds Service) Wigan Parent Infant Mental Health Support	e: <u>Julie.Boardman@nwbh.nhs.uk</u> or e: <u>BABS.Wigan@NWBH.nhs.uk</u> t: 01942-775400		
Bury Parent Infant Mental Health Service Bury Health Young Minds, Fairfield Hospital, Rochdale Old Rd, BL9 7TD	e: Helen.stevesn24@nhs.net e: Pcn-tr.burycamhscypiapt t: 0161 716 1100		
Heywood, Middleton & Rochdale Early Attachment Service 2 Argyle Parade, Darnhill, Heywood, OL10 3RY	sarita.dewan@nhs.net t: 01706 676 000		
Manchester Parent Infant Mental Health Service (part of the Children and Parents' Service (CAPS). The Bridge, Unit C, Madison Place, Northampton Rd, Moston, Manchester, M40 5BP	NORTH (based at the Bridge in Moston) t: 0161 203 3261 e: mft.northmanchestercaps@nhs.net CENTRAL (based at the Powerhouse in Moss Side) t: 0161 227 9960 e: mft.caps.central@nhs.net SOUTH (based at the Carol Kendrick Centre in Wythenshawe) t: 0161 902 3423 e: Mft.southmanchestercamhs@nhs.net		
Oldham Parent Infant Mental Health Service	e: pcn-tr.oldhameas@nhs.net e: Philippa.gardner1@nhs.net t: 0161 470 4263		
Stockport Infant Parent Service Stockport Families, Central House	e: snt-tr.InfantParentService@nhs.net		
Tameside and Glossop Early Attachment Service 2nd Floor,31 Clarence Arcade, Stamford Street Ashton under Lyne, OL6 7PT	e: Kreid5@nhs.net e: pcn-tr.eas@nhs.net t: 0161 716 3569		
Trafford Trafford CAMHS Office Base: 1st floor, Sale Waterside, Sale, Manchester M33 7ZF	e: <u>c.tighe@nhs.net</u> t: 0161 716 4747 m: 07852 675747		