


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	<p>Non-urgent concerns regarding a woman's mental health in the perinatal period</p> <p>Non-urgent concerns regarding the infant's emotional well-being and parent-infant relationship</p>	<p>For concerns regarding the mother, parent or partner:</p> <ul style="list-style-type: none"> • Discuss in consultation with GP • Consider IAPT Babies Can't Wait referral • Seek advice from the Specialist Perinatal Community Mental Health Teams <p>For concerns regarding the infant:</p> <ul style="list-style-type: none"> • Seek consultation from local Parent-Infant Mental Health Service • Seek advice from Health Visitor/Midwife 	<p>Examples (not exhaustive)</p> <p>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.)</p>
Urgent Advice	<p>Urgent concerns with a woman's mental health in the perinatal period</p> <p>Urgent concerns regarding the infant's emotional well-being and parent-infant relationship</p>	<p>SPEAK with the Specialist Perinatal Community Mental Health Team and consider urgent referral</p> <p>And</p> <p>SPEAK with the local Parent-Infant Service and consider urgent referral</p>	<p>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 infant, evidence of neglect and abuse, etc.)</p>
Emergency Advice	<p>Emergency concerns with a woman's mental health in the perinatal period</p> <p>Emergency concerns the infant's emotional well-being and the parent-infant relationship</p>	<p>Emergency referral to Specialist Perinatal Community Mental Health Team</p> <p>And</p> <p>Emergency referral to Children's Safeguarding</p> <p>And</p> <p>Urgent referral to local Parent Infant Mental Health Service</p> <p>GMMH Crisis line: 0161 271 0450</p> <p>Call 999 or attend A&E in an emergency</p>	<p>Examples (not exhaustive)</p> <p>Severe mental health problem with associated risk including concerns of risk/harm to self or others</p> <p> Perinatal Red Flags:</p> <ul style="list-style-type: none"> • 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:

<p>Cluster 1</p>	<p>Laureate House, Wythenshawe Hospital, Southmoor Road, Manchester, M23 9LT Telephone: 0161 271 0188 Email: gmmh-ft.perinatalservicesmanchester@nhs.net</p>	<ul style="list-style-type: none"> • Stockport • Trafford • Central Manchester • South Manchester
<p>Cluster 2</p>	<p>Old Trust Headquarters, Prestwich Hospital, Bury New Road, Prestwich, Manchester, M25 3BL Telephone: 0161 271 0188 Email: gmmh-ft.perinatalservicesmanchester@nhs.net</p>	<ul style="list-style-type: none"> • Bolton • Bury • Wigan • Salford
<p>Cluster 3</p>	<p>Floor 11, Hexagon Tower, Crumpsall Vale, Blackley, Manchester, M9 8GQ Telephone: 0161 271 0188 Email: gmmh-ft.perinatalservicesmanchester@nhs.net</p>	<ul style="list-style-type: none"> • Tameside & Glossop • Rochdale • Oldham • North Manchester

The Parent Infant Mental Health teams can be contacted via:

<p>Bolton Parent and Infant Relationship Service Bolton CAMHS, Royal Bolton Hospital, Minerva Road, Bolton BL4 0JR</p>	<p>For referrals e: PIMHS@boltonft.nhs.uk t: 01204 483222 or 01204 463407</p>
<p>BABS (Building Attachments and Bonds Service) Wigan Parent Infant Mental Health Support</p>	<p>e: Julie.Boardman@nwbh.nhs.uk or e: BABS.Wigan@NWBH.nhs.uk t: 01942-775400</p>
<p>Bury Parent Infant Mental Health Service Bury Health Young Minds, Fairfield Hospital, Rochdale Old Rd, BL9 7TD</p>	<p>e: Helen.stevesn24@nhs.net e: Pcn-tr.burycamhscypiapt t: 0161 716 1100</p>
<p>Heywood, Middleton & Rochdale Early Attachment Service 2 Argyle Parade, Darnhill, Heywood, OL10 3RY</p>	<p>sarita.dewan@nhs.net t: 01706 676 000</p>
<p>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</p>	<p>NORTH (based at the Bridge in Moston) t: 0161 203 3261 e: mft.northmanchestercaps@nhs.net</p> <p>CENTRAL (based at the Powerhouse in Moss Side) t: 0161 227 9960 e: mft.caps.central@nhs.net</p> <p>SOUTH (based at the Carol Kendrick Centre in Wythenshawe) t: 0161 902 3423 e: Mft.southmanchestercamhs@nhs.net</p>
<p>Oldham Parent Infant Mental Health Service</p>	<p>e: pcn-tr.oldhameas@nhs.net e: Philippa.gardner1@nhs.net t: 0161 470 4263</p>
<p>Stockport Infant Parent Service Stockport Families, Central House</p>	<p>e: snt-tr.InfantParentService@nhs.net</p>
<p>Tameside and Glossop Early Attachment Service 2nd Floor,31 Clarence Arcade, Stamford Street Ashton under Lyne, OL6 7PT</p>	<p>e: Kreid5@nhs.net e: pcn-tr.eas@nhs.net t: 0161 716 3569</p>
<p>Trafford Trafford CAMHS Office Base: 1st floor, Sale Waterside, Sale, Manchester M33 7ZF</p>	<p>e: c.tighe@nhs.net t: 0161 716 4747 m: 07852 675747</p>