



Perinatal preconception advice service



This service is for you if you are planning a pregnancy in future and:

- You are aware that you are at an increased risk of developing significant post natal mental health difficulties or
- You have experienced significant mental health difficulties in the past, including bipolar disorder, schizophrenia, severe depressive illnesses or other severe mental illnesses, even if you are well now, or
- You have experienced severe post natal mental health problems in the past or
- Other women in your family tree have experienced severe post natal mental health problems, or they have a history of severe mental illness

What you should expect:

- An appointment within 28 days of the referral being received
- A face to face consultation with a specialist perinatal psychiatrist who has experience of how mental health difficulties and pregnancy/childbirth interact
- Specialist advice personally tailored for you which takes account of your difficulties, including your risks of becoming mentally unwell during pregnancy or after delivery
- Specialist advice about medication/other treatments which are used for mental health reasons, prior to conceiving, whilst pregnant and whilst breastfeeding
- Specialist advice about the risks of both taking medication and of not taking medication
- A plan of care to follow once you do become pregnant
- To receive a written summary of the our opinion (including a copy of this being sent to your GP and/ or your referrer)
- To be treated with dignity and respect at all times

What we expect:

- Your referrer to be a G.P., a secondary care mental health team or other appropriate professional
- That you consent to the referral
- If at all possible, you attend your appointment with your partner/someone who knows you well
- For your referrer to send a typed referral letter, which includes the following information:
 - o Your full name, address, date of birth and NHS number
 - o Your up to date telephone number and preferred method of communication
 - o Your GP surgery address/contact details and your referrer's details if different
 - o The reason for your referral
 - o A summary of how your mental health is now
 - o A summary of any mental health problems you have had in the past, plus copies of any clinical letters/information if you have been under the care of a mental health service other than SWYPFT in the past.
 - o Details of any previous post natal mental health problems you have had
 - o Details of any family history of mental health problems, especially post natal ones.
 - o Details of any current or historic medication
 - o Details of any substance misuse difficulties you have had
 - o A summary of your current social circumstances
 - o A summary of any risks that are perceived by your referrer
 - o Names and addresses of any children you already have
 - o Any other information that your referrer believes is relevant
- Referrals should be sent by post to our admin centre:

South West Yorkshire Perinatal Mental Health Community Team
Fox View
Halifax Road
Dewsbury
WF13 4AD

Tel: 01924 316009
- Your appointment will be at a health location as close to your home as we can arrange and would usually last up to 90 minutes
- We always like to try and accommodate any children you have as much as possible. However, our clinics do not have crèches available and we do not have professionals who can look after them. You may want to concentrate on the content of our discussions or you may not want to have your children hear what at times can be sensitive information. We find it best if another adult can come with you to help care for any children present, due to the length of the appointment
- Occasionally we may need to see you for a second appointment
- Please note that this service is for advice only and does not offer follow up care
- We may contact you following your appointment for feedback, in order that we can continuously improve our service
- You are welcome to contact us in advance if you have any questions

With **all of us** in mind.