

The Samaritans

Confidential emotional support for those in distress who are experiencing feelings of distress or despair, including suicidal thoughts.

Tel: 116 123 (24 hour helpline)

Email: jo@samaritans.org

Relate

Relationship support including couple and family counselling, face-to-face, telephone or online counselling.

Website: www.relate.org.uk

Post-natal illness

An informative website and forum run by those who have experienced and who are currently experiencing post-natal illness.

Website: www.pni.org.uk

Twitter: @pniorguk

Mind

Advice and support to empower anyone experiencing a mental health problem. They also help to improve services, raise awareness and promote understanding.

Website: www.mind.org.uk

Twitter: @mindcharity

Facebook: @mindforbettermentalhealth

Mental Health Matters

Tel: 0191 516 3500

Website: www.mhm.org.uk

Maternal Mental Health Alliance

The Maternal Mental Health Alliance (MMHA) is a coalition of UK organisations committed to improving the mental health and well being of women and their children in pregnancy and the first post natal year.

Website: www.maternalmentalhealthalliance.org

Give us your feedback

There are many ways you can provide your feedback to us. Each of our wards and services have PREM cards at their reception which may be completed by the patient or by carers/friends on their behalf. This card asks specific questions about the care and treatment provided. We review each comment to enable us to continually review and improve our services. The PREM can also be completed online at www.kmpt.nhs.uk/prem

Compliments and concerns

Our staff are also on hand to listen to any comments or concerns. If you feel unable to speak with the team providing the care and treatment and would rather speak to the PALS and complaints team, please contact us and we will support you through the process. All complaints and concerns will be carefully listened to and thoroughly investigated. Patient consent may be required.

We would also love to hear from you if you have something positive to say about our services or a particular staff member or team. Please speak to staff or log your compliment at www.kmpt.nhs.uk/feedback

East Kent: 0800 783 9972

West Kent and Medway: 0800 587 6757

Email: kmpt.pals.kmpt@nhs.net

Or write to:

PALS and Complaints (East Kent)
Eastern and Coastal Area Office
Littlebourne Road
Canterbury, Kent CT1 1AZ

PALS and Complaints (West Kent)
Priority House, Hermitage Lane
Maidstone, Kent ME16 9PH



Please call **01622 724131** if you would like this leaflet in a different language or format.

Visit us at www.kmpt.nhs.uk

Review August 2022 KM745

NHS

Kent and Medway
NHS and Social Care Partnership Trust

Perinatal Mental Health Community Service (PMHCS)

Information for patients/service users



Brilliant care through brilliant people

What is PMHCS?

Who is the service for?

PMHCS is a multi-professional team consisting of doctors, perinatal mental health nurses, psychologists, occupational therapists, nursery nurses, social workers, peer support workers, administration and pharmacists.

PMHCS provide specialist mental health support for women and their families in pregnancy and for women with babies up to 2 years of age who are experiencing mental health problems associated with pregnancy and postnatally. This may be a new onset of mental health difficulties or a history of depression, psychosis or another significant mental ill health diagnosis.

It is important to identify and support those at risk of developing mental health problems associated with pregnancy and child birth, or those who have pre-existing conditions by providing them with the specialist care that they may need as soon as possible. Pre conception advice is also provided.

Referral criteria

Women need to be registered with a Kent or Medway GP. In the first instance advice should be sought from their midwife, health visitor or GP as many women can be offered appropriate support and intervention in primary care. Should the need for more specialist advice be required self referrals or referrals from professionals can be made directly to the PMHCS service by email or telephone. We do not accept walk in or drop in referrals.

Liaison

PMHCS liaise with GPs, maternity services, adult mental health teams, health visitors and social services as required. Direct contact with a perinatal consultant psychiatrist is available for all professionals.

Our team

We are a multi-professional team who aim to provide a flexible, integrated mental health service. A referral is triaged by a perinatal mental health practitioner, who will either liaise directly with the referrer and offer advice on appropriate support to be given within primary care services (such as midwife or GP) or the woman will be offered an assessment by PMHCS within four weeks of receiving the referral, depending on the urgency. The assessment will determine the best way to meet identified mental health needs and plan the appropriate care. We can provide joint assessments with the community mental health team on request for those women already engaged with mental health services.

Interpreting service

If you require an interpreter, please let us know and this will be arranged.

Aims of the service

- Provide specialist perinatal assessment for those experiencing mental health issues relating to pregnancy and the postnatal period
- Offer treatment for women with moderate to severe mental health issues, or who are at significant risk of relapse due to pre-existing mental ill health during pregnancy and the postnatal period
- Offer specialist advice on medication use while attempting to conceive, during pregnancy and after childbirth whilst breastfeeding
- Support treatment through home visits
- Work with mother and baby inpatient units when admission is required and maintain contact throughout admission to ensure effective discharge planning
- Organise multi-professional team meetings in order to prepare care plans for the ongoing care of individuals

- Liaise with social services where required in order to ensure adequate support for the benefit of mother and baby.

Plan of care

Once a face-to-face assessment has taken place and the woman has been accepted by our PMHCS an individualised plan of care will be agreed.

This care plan will be written with the woman's full participation and will reflect identified needs, the actions required to meet those needs, the expected outcomes, the responsible person and the time frame agreed. The woman may wish for her partner/ family to contribute to her care plan. A copy of the care plan will be held by the woman, and reviewed on a regular basis.

Perinatal Mental Health Community Service

- Perinatal mental health nurses
- Consultant psychiatrists
- Social workers
- Occupational therapists
- Clinical psychologists
- Nursery nurses
- Peer support workers
- Administrators

Contact details

PMHCS

The PMHCS website has useful links and information for women, their families and professionals: www.kmpt.nhs.uk/pmhcs

20-22 Oakapple Lane
Maidstone, Kent ME16 9NW
Tel: 01622 722321

Eastern and Coastal Area Offices
Littlebourne Road, Canterbury, Kent CT1 1AZ
Tel: 01227 768928

Elizabeth Raybould Centre
Bow Arrow Lane, Dartford, Kent DA2 6PB
Tel: 01622 722321

Referrals should be sent via:
Email: KMPT.pmhcs@nhs.net