

The Leeds Community Perinatal Mental Health Team

Information for patients,
carers and family members



Welcome to the Leeds Community Perinatal Mental Health Team

Who are we?

The team provides specialist care to women experiencing significant mental health difficulties relating to pregnancy, childbirth and the first year following a child's birth (also known as the perinatal period). We can offer a variety of treatment and support options on an outpatient basis.

Who is the service for?

Perinatal mental health difficulties are very common and for many women it is possible for these to be managed by their GP, Health Visitor or through local counselling services. Our team will look after women with more complex difficulties or when the above services have not resolved their difficulties.

You may benefit from seeing our team if:

- Your GP or obstetric team feel that you are currently experiencing mental health difficulties which would benefit from specialist help
- You have a history of serious mental health difficulties and are planning a pregnancy or are pregnant
- You have a family history of serious mental health difficulties such as bipolar

disorder or postpartum psychosis*. These conditions may increase your risk of becoming unwell during pregnancy or postnatally.

***What is postpartum psychosis:** This is a rare but serious disorder which can include changes in thinking (delusions) or unusual experiences (hearing or seeing things), confusion, severe anxiety, over-activity and changes in behaviour. It is very treatable but due to its severity admission to hospital is usually necessary.

How can I access the service?

You can be referred to the team by a health professional including your GP, midwife, health visitor, obstetrician, psychiatrist or the community mental health team. Sorry but we cannot accept self-referrals.

How long will I wait to be seen?

We aim to see referrals within 48 hours if urgent or within 14 days if it's less urgent. We see mums for assessments during office hours, Monday to Friday.

What can I expect?

A mental health professional will complete an initial assessment with you which will usually take place at The Mount Annexe building where we are based. It will last approximately 90 minutes. A home visit can be arranged should you have difficulty attending your appointment here.

These appointments are an opportunity for you to discuss any current difficulties and for us to gain some background information in order to come to a joint understanding of what may help you recover.

If it is felt that our team is not the most appropriate for you, we will discuss other useful services that may be able to help you.

Who and what can I bring with me?

You may wish to bring your partner, relative or friend with you. We would encourage you to bring your baby to your appointments. It is often not appropriate to discuss difficult issues around older children and alternative childcare arrangements should be made for them. If you are pregnant please bring your hand-held maternity notes.

Partners and family members (with your consent) can be involved in discussions and decisions about your care,

treatment and discharge planning.

What happens next?

If it is decided that what we offer is right for you, you will be allocated to a member of our team who will work with you to agree a care plan to meet your needs. We offer a variety of support options including:

- A complete assessment including liaison with other professionals to inform future care planning and support
- preconception counselling
- care planning and co-ordination in the perinatal period
- specialist advice on risks and benefits of medication in pregnancy and breastfeeding
- nursery nurse sessions including baby massage and sensory play
- video-interaction guidance – a mother infant intervention to improve attachment and communication
- group work
- family work
- peer support
- partner support
- young carers support, and
- psychological therapies such as talking therapies.

Will everything I say be kept confidential?

You can expect the details of any assessment and treatment plan to remain confidential between you, the team and other involved professionals.

If you would like to know more about confidentiality and the information kept about you, please see the leaflet 'Your Personal Information. How we use it and keep it confidential.'

Or visit our website and read the How we use information about you section.

Consent to treatment

It is important that you understand any risks, benefits and alternatives before you agree to treatment. If you feel unsure about giving your consent please ask a member of staff for further information.

What if I have a comment, suggestion, compliment or complaint about the Community Team?

Any feedback, positive or negative is appreciated to help us to improve our service. You are also entitled to a second opinion. You can give us feedback or request a second opinion by:

- talking to the people directly involved in your care
- contacting our Patient Advice and Liaison Service (PALS) on **0800 052 5790** or email **pals.lypft@nhs.net**

If you want to make a complaint, please call our Complaints Department on **0800 052 5790**.

How to find us and contact us

Our address is:

Perinatal Mental Health Service

Parkside Lodge
16 Stanningley Road
Armley
Leeds
LS12 2AE

Tel: **0113 855 5505**

If you are driving to your appointment please note there is very limited car parking, including disabled parking bays available at The Mount unit next door. If there are no spaces available there is free on street parking nearby which is limited to 2 hours.

Out of hours (5pm - 9am) and in an emergency, please contact the Crisis Assessment Service on **0800 1831 485**



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