

What support will I receive on discharge?

A planning meeting will be arranged prior to discharge to make sure you are well supported and know how to access further help if needed. You may have ongoing input from a community nurse and clinic appointments. You may start to attend local mother and baby groups and have support from your health visitor or local children's centre.

I am worried people will think I can't care for my baby, or my baby may be taken away

We understand that this is a common worry but it is very rare for a baby to be removed from their family. Most women are able to care very well for their baby despite experiencing mental health difficulties, but as for any parent, there will be times when additional support from family or professionals is helpful and necessary. Many women have significant mental health difficulties in the perinatal period and make a full recovery. The wellbeing of all infants is essential and where appropriate we liaise with Children and Young People's Social Care in order to provide support to families and ensure children's needs are met.

How do I access the service?

If you live in Leeds, you can be referred by your Midwife, Health Visitor, GP, Obstetrician or Community Mental Health Team. If you live in the wider Yorkshire and Humber area, you will need to be referred by the local mental health service. Where possible we arrange an assessment appointment on the unit to discuss your needs and familiarise you with the service. In an emergency, admission may be arranged without prior assessment in order not to delay treatment.

For further information

You can speak to the team manager or any member of the team on **0113 85 55509**.

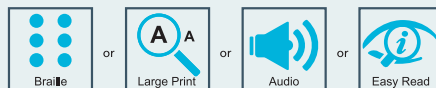
A video describing the unit is available via the website under Perinatal Mental Health Service.

How to find us

Yorkshire and Humber
Mother and Baby Unit
The Mount
44 Hyde Terrace
Leeds LS2 9LN

www.leedsandYorkpft.nhs.uk

Would you like this information in an alternative format?
For a translation of this document, an interpreter, a sign language interpretation or a version in:



please contact the Interpretation and Translation Support Team on
0113 85 56418/9 or translation2.lypft@nhs.net

Yorkshire and Humber Mother and Baby Unit

Patient information



What is the Mother and Baby Unit?

The Mother and Baby Unit provides specialist care for women who require admission to hospital for significant mental health difficulties in the year following childbirth. We can also admit women in the third trimester of pregnancy.

Who is the unit for?

You may benefit from admission if:

- You have a history of a serious psychiatric disorder such as schizophrenia, schizoaffective disorder, bipolar disorder or severe depression and need inpatient care during the perinatal period.
- You experience an episode of postpartum psychosis. This is a rare but serious disorder which develops in the days or weeks following childbirth. Symptoms include changes in thinking (delusions) or unusual experiences (hearing or seeing things), severe anxiety, overactivity and changes in behaviour.
- You experience an episode of significant depression or anxiety, particularly if this is affecting your bond with your baby.
- Our team includes doctors, nurses, nursery nurses and health support workers, occupational therapist peer support workers, psychologists and art therapist.

- Your midwife or health visitor will remain involved in your care, visiting you on the unit and attending care planning meetings. If you live a long distance from the unit, a health visitor from the local area will offer temporary input.
- Wherever possible, you are encouraged to provide the care your baby needs. You will be supported by the team to do this. It is common for mothers to need a high level of support when first admitted and you may initially have a member of staff with you at all times. This level of support will be reduced as your health improves and you gain confidence in caring for your baby.

What treatment am I likely to receive?

This will depend on the nature of your difficulties. A period of assessment is sometimes required before agreeing on a treatment plan. Possible treatments include:

- Medication
- One-to-one supportive counselling
- Nursery nurse input
- Therapeutic mother-infant activities such as infant massage, play sessions and interventions to promote attachment
- Relaxation/anxiety management
- Creative and social groups
- Couples/family sessions

- Input from peer support workers who have lived experience of perinatal mental difficulties.
- Support for partners Monthly partners' group and sensory play session for your partner and baby.

You will have a meeting each week with the team members involved in your care to review progress and plan further interventions. You can invite a family member or friend to attend this with you.

What is the unit like?

The unit has eight single rooms each with a bed, washbasin, cot and wardrobe. Some of the rooms have en-suite bathrooms. There is a lounge with television. There is a kitchen area with a fridge, microwave and toaster. Laundry facilities are also available. Breast-feeding is welcomed throughout the unit, there is also a milk kitchen for preparing bottles. Each mother has a cupboard for formula milk and a cold water steriliser.

There are quiet areas for visiting; a conservatory and an enclosed courtyard. We have a sensory play room well equipped with toys for infants.

Will my baby and I be safe on the unit?

Only specific staff members have access to the unit. There is a video-intercom system controlling the entry of patients and visitors.

We continually make assessments of patient and infant safety. Rarely, if a risk can not be safely managed on the Mother and Baby Unit, a mother may temporarily need to be transferred to an alternative unit.

How often can people visit? Can older children visit?

We try to be flexible with visiting times, but visitors cannot stay overnight.

Older children are welcome to visit but must be supervised at all times by a responsible adult. If the unit is very busy or visitors are disruptive, they may be asked to leave.

How long will I need to be in hospital?

This will vary depending on your needs but typical admissions are between a few weeks and a few months. As your health improves you will spend increasing amounts of time at home starting with a few hours initially, building up to spending several days at home before discharge.

Can I smoke on the unit?

The Trust is 'smoke-free' and smoking is not allowed in hospital grounds. Help is available to give up smoking if wanted and disposable electronic cigarettes can be provided.

No illicit drugs or alcohol are allowed on the unit