



Oxford Health
NHS Foundation Trust



Bucks perinatal team

Perinatal Mental Health Service

Who are we?

The perinatal mental health service exists to provide specialist advice and assistance to women with antenatal and postnatal mental health problems, and also to their partners and health professionals involved in their care. We are a specialist perinatal team consisting of doctors, psychological therapists, community mental health nurses, social workers, occupational therapists, nursery nurses, support workers and administrative staff.

We work together to provide specialist care and interventions, offering a holistic approach to helping women and their families. Care is delivered within the community in family homes and at our local sites in Aylesbury and High Wycombe.

Who are we there to help?

The arrival of a new baby can be a time of great joy, but also a time of stress and change for body and mind, which in most new parents leads to changes in feelings and relationships. Some new parents can experience difficulties with anxiety and depression, which in most cases improve with support of friends, family, health visitors, GPs or talking therapies (accessed through Healthy Minds).

The perinatal service can be involved when more specialist help is required. We consider the support options available for mums and mums-to-be suffering with difficulties such as severe anxiety and depression, OCD (obsessive compulsive disorder) and intrusive thoughts, complex PTSD (post traumatic stress disorder) as well as bipolar affective disorder and postnatal psychosis.

We also offer advice for women with a history of severe mental illness who are planning a pregnancy, or who have become pregnant and are at a high risk of relapse during pregnancy or the postnatal year.



Who can refer?

Referrals are welcomed from all health professionals (GPs, health visitors, midwives, obstetricians, family nurse practitioners, other mental health teams and social care).

How long will you wait for an appointment?

We aim to see everyone within two weeks of referral, with more urgent requests seen within the day or first two days of referral depending on level of need. Appointments are usually in your own home and you can have someone with you if you prefer.

What we offer

- An assessment experience that embraces what is important to you in your pregnancy and shared care planning for the postnatal period.
- A written letter to you reflecting on the points raised in your assessment session.
- Advice on prescribing medication for mental health reasons in pregnancy and breast feeding.
- Promoting mental wellbeing and relapse prevention in pregnancy.
- Perinatal psychology assessment and treatment.
- Nursery nurse interventions tailored to the family to enhance bonding, attachment and communication between the mother and baby.
- Preparing for birth, infant feeding support before and after delivery.
- Joint specialist birth planning and support particularly for women with diagnosis of bipolar affective disorder or other psychotic illness to help manage high risk perinatal period, and other women with very complex needs.





- Video interaction guidance: an evidence-based intervention that aims to enhance the relationship and communication between mother and baby.
- Parenting skills support including help with mother-infant activities, routine and role adjustment.
- Support to access mother and baby inpatient units where admission is needed.

We work in a family focused way that considers the needs of you and your family

We will work closely with other professionals, developing a treatment plan tailored to your own individual needs in partnership with you. Our aim is to provide the right care to help you recover, encouraging family involvement and strengthening your bond with your child.

Useful websites

- Action postpartum psychosis: www.app-network.org
- Beating Bipolar: www.beatingbipolar.org
- Best Beginnings: www.bestbeginnings.org.uk
- Birth Trauma Assoc: www.birthtraumaassociation.org.uk
- Breastfeeding: www.laleche.org.uk
www.bestbeginnings.org.uk
- Bonding: www.helpguide.org/articles/parenting-family/building-a-secure-attachment-bond-with-your-baby.htm
- Best Use of Medicines in Pregnancy (BUMPS):
www.medicinesinpregnancy.org
- Connection Support: www.connectionsupport.org.uk
- Fatherhood Institute: www.fatherhoodinstitute.org
- Foundation for infant loss: www.foundationforinfantloss.co.uk
- Maternal OCD: www.maternalocd.org
- Maternal Mental Health Alliance: www.app-network.org/campaigning
- MIND: www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health
- Netmums: www.netmums.com
- PANDAS: www.pandasfoundation.org.uk
- PND and Me: www.pndandme.co.uk
- Royal College Psychiatry: www.rcpsych.ac.uk/mental-health
- Tommys: www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing
- UNICEF: <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources>
- Weaning: <https://www.nhs.uk/start4life/weaning>

Useful phone numbers

- NHS 111 service available 24 hrs a day 365 days a year
- Samaritans 116 123
- If the emergency is life threatening call 999.

Contact us

Buckinghamshire Perinatal Mental Health Team
The Whiteleaf Centre,
Bierton Road,
Aylesbury,
HP20 1EG

Tel: 01865 901749 **Out of hours:** 01865 902000 (for those under care of the Perinatal team)

Referrals email: oxfordhealth.bperinatalreferrals@nhs.net

Our offices are open 9.00am –5.00pm Monday to Friday.



Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital, Warneford Lane
Headington, Oxford OX3 7JX

Switchboard 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership