

The team aim to provide the best possible service. We recognise that there may be occasions when you have a concern or complaint. If you wish to make a comment or compliment about the service received by yourself, a family member or someone you care for please contact:

The Patient Experience Officer  
Patient Relations Team  
Worcestershire Health and Care NHS Trust  
Isaac Maddox House  
Shrub Hill Road  
Worcester  
WR4 9RW  
Telephone: 01905 681517  
Email: PALS@hacw.nhs.uk



## Perinatal Psychiatry Team

Studdert Kennedy House, Spring  
Gardens, Worcester, WR1 2AE  
Tel: 01905 734531 9am – 5pm  
Monday - Friday

[www.hacw.nhs.uk/our-services/  
perinatal-psychiatry/](http://www.hacw.nhs.uk/our-services/perinatal-psychiatry/)



# Welcome to the Perinatal Team

*Information for patients*

## Who are we?

We consist of the following people:

- Team Leader
- Consultant Psychiatrist
- Specialist Psychiatrist
- Community Psychiatric Nurses
- Mental Health Social Worker
- Psychotherapist

## Where we are based?

We are based at Studdert Kennedy House, Worcester and provide a service across the whole of Worcestershire.

## What do we do?

We provide specialist care for mothers during pregnancy and following childbirth who may experience mental health problems.

We will work with you to assess your needs and develop a plan to support you in meeting these. This may include Psychological therapies, Baby Massage, prescribing of medication and advice and support with social needs. We have strong links with local agencies such as Home-Start, Children's Centers, the hospital and Social Services.

## Why are we here?

Many women, from all walks of life, are not prepared for the wide range of emotions they may experience during pregnancy or after the birth of their baby. Some women experience significant mental health difficulties at this time. The important thing to remember is that help and support are part of getting back to feeling like yourself again.

## What to expect?

Following your referral, usually made by

your GP, you will be offered an assessment appointment with one of our team. This may be at your home, in an out-patient clinic near to where you live or occasionally at an alternative venue. Please be aware that an initial appointment can take 90minutes. You are welcome to bring your baby, a family member or friend if you wish. During the assessment you will have the opportunity to discuss with us your current difficulties.

## Confidentiality

We ask you for information about yourself so that we can give you appropriate care and treatment. This information is kept together with details of the care you have received because it may be needed if you are seen again. The information may be written down (manual records) or held on a computer.

What you tell us will remain confidential within the care team which includes your GP, midwife and health visitor. If, however, you inform us of anything that suggests you, another adult or a child could be at risk of harm we will need to share this information with other professional agencies. Whilst we would usually seek your consent prior to sharing this information, on rare occasions we may need to share information prior to consent, or without informing you.

## Letting us know if you Cannot Attend an Appointment.

If you are unable to attend an appointment please let us know as soon as possible, preferably by phone and we will do our best to reschedule to a convenient time for you. There is a high demand for the Perinatal Psychiatry Service. If you decide not to attend your appointment without contacting us, we may need to refer you back to the care of your GP.