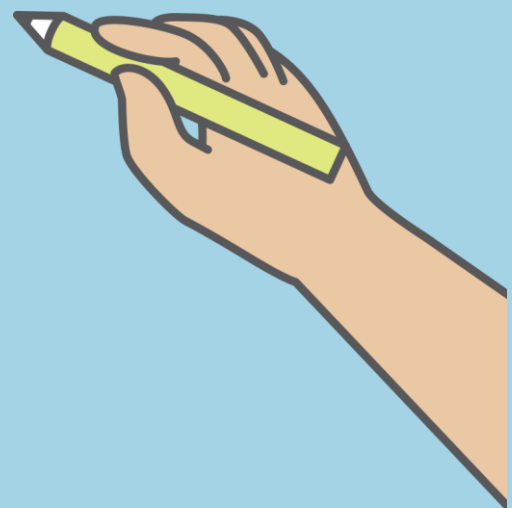



# Specialist perinatal and parent-infant mental health services

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NOVEMBER 2020



## Mental Health advice for professionals working with pregnant and postnatal women, partners and their babies in Greater Manchester

Advice	<p>Non-urgent concerns regarding a woman's mental health in the perinatal period</p> <p>Non-urgent concerns regarding the infant's emotional well-being and parent-infant relationship</p>	<p>For concerns regarding the mother, parent or partner:</p> <ul style="list-style-type: none"> <li>• Discuss in consultation with GP</li> <li>• Consider IAPT Babies Can't Wait referral</li> <li>• Seek advice from the Specialist Perinatal Community Mental Health Teams</li> </ul> <p>For concerns regarding the infant:</p> <ul style="list-style-type: none"> <li>• Seek consultation from local Parent-Infant Mental Health Service</li> <li>• Seek advice from Health Visitor/Midwife</li> </ul>	<p>Examples (not exhaustive)</p> <p>Evidence of mild low mood or anxiety</p> <p>Low-moderate worries about the emotional well-being of a parent in the perinatal period</p> <p>Low-moderate worries about a parent-infant relationship (e.g. problems sensitively responding to baby's needs and communications, parent reporting struggling to bond with baby, mixed feelings about baby etc.)</p>
Urgent Advice	<p>Urgent concerns with a woman's mental health in the perinatal period</p> <p>Urgent concerns regarding the infant's emotional well-being and parent-infant relationship</p>	<p><b>SPEAK</b> with the Specialist Perinatal Community Mental Health Team and consider urgent referral</p> <p><b>And</b></p> <p><b>SPEAK</b> with the local Parent-Infant Service and consider urgent referral</p>	<p>Examples (not exhaustive):</p> <p>Moderate to severe mental health problems including moderate to severe depression, anxiety, psychotic disorders including bipolar affective disorder and schizophrenia</p> <p>Concerns that a woman's mental health is impacting on the parent-infant relationship</p> <p>Moderate to severe concerns about the parent infant relationship (e.g. evidence of hostile behaviour towards infant, evidence of neglect and abuse, etc.)</p>
Emergency Advice	<p>Emergency concerns with a woman's mental health in the perinatal period</p> <p>Emergency concerns the infant's emotional well-being and the parent-infant relationship</p>	<p>Emergency referral to Specialist Perinatal Community Mental Health Team</p> <p><b>And</b></p> <p>Emergency referral to Children's Safeguarding</p> <p><b>And</b></p> <p>Urgent referral to local Parent Infant Mental Health Service</p> <p>GMMH Crisis line: <b>0161 271 0450</b></p> <p>Call <b>999</b> or attend <b>A&amp;E</b> in an emergency</p>	<p>Examples (not exhaustive)</p> <p>Severe mental health problem with associated risk including concerns of risk/harm to self or others</p> <p> Perinatal Red Flags:</p> <ul style="list-style-type: none"> <li>• Change in mental state in the perinatal period</li> <li>• New thoughts of violent suicide</li> <li>• Estrangement from the infant</li> <li>• Threats of harm to baby</li> <li>• Suspected harm to baby</li> <li>• Baby's behaviour indicating trauma - baby has shut down, unresponsive to cues etc.</li> </ul>

Greater Manchester offers specialist perinatal and parent-infant mental health input through the Greater Manchester NHS Mental Health Foundation Trust's Specialist Perinatal Community Mental Health Teams and Parent-Infant Mental Health Teams.

**The Specialist Perinatal teams can be contacted via:**

<p><b>Cluster 1</b></p>	<p>Laureate House, Wythenshawe Hospital, Southmoor Road, Manchester, M23 9LT Telephone: 0161 271 0188 Email: <a href="mailto:gmmh-ft.perinatalservicesmanchester@nhs.net">gmmh-ft.perinatalservicesmanchester@nhs.net</a></p>	<ul style="list-style-type: none"> <li>• Stockport</li> <li>• Trafford</li> <li>• Central Manchester</li> <li>• South Manchester</li> </ul>
<p><b>Cluster 2</b></p>	<p>Old Trust Headquarters, Prestwich Hospital, Bury New Road, Prestwich, Manchester, M25 3BL Telephone: 0161 271 0188 Email: <a href="mailto:gmmh-ft.perinatalservicesmanchester@nhs.net">gmmh-ft.perinatalservicesmanchester@nhs.net</a></p>	<ul style="list-style-type: none"> <li>• Bolton</li> <li>• Bury</li> <li>• Wigan</li> <li>• Salford</li> </ul>
<p><b>Cluster 3</b></p>	<p>Floor 11, Hexagon Tower, Crumpsall Vale, Blackley, Manchester, M9 8GQ Telephone: 0161 271 0188 Email: <a href="mailto:gmmh-ft.perinatalservicesmanchester@nhs.net">gmmh-ft.perinatalservicesmanchester@nhs.net</a></p>	<ul style="list-style-type: none"> <li>• Tameside &amp; Glossop</li> <li>• Rochdale</li> <li>• Oldham</li> <li>• North Manchester</li> </ul>

**The Parent Infant Mental Health teams can be contacted via:**

<p><b>Bolton Parent and Infant Relationship Service</b> Bolton CAMHS, Royal Bolton Hospital, Minerva Road, Bolton BL4 0JR</p>	<p>For referrals e: <a href="mailto:PIMHS@boltonft.nhs.uk">PIMHS@boltonft.nhs.uk</a> t: 01204 483222 or 01204 463407</p>
<p><b>BABS</b> (Building Attachments and Bonds Service) Wigan Parent Infant Mental Health Support</p>	<p>e: <a href="mailto:Julie.Boardman@nwbh.nhs.uk">Julie.Boardman@nwbh.nhs.uk</a> or e: <a href="mailto:BABS.Wigan@NWBH.nhs.uk">BABS.Wigan@NWBH.nhs.uk</a> t: 01942-775400</p>
<p><b>Bury Parent Infant Mental Health Service</b> Bury Health Young Minds, Fairfield Hospital, Rochdale Old Rd, BL9 7TD</p>	<p>e: Helen.stevesn24@nhs.net e: <a href="mailto:Pcn-tr.burycamhscypiapt">Pcn-tr.burycamhscypiapt</a> t: 0161 716 1100</p>
<p><b>Heywood, Middleton &amp; Rochdale Early Attachment Service</b> 2 Argyle Parade, Darnhill, Heywood, OL10 3RY</p>	<p><a href="mailto:sarita.dewan@nhs.net">sarita.dewan@nhs.net</a> t: 01706 676 000</p>
<p><b>Manchester Parent Infant Mental Health Service</b> (part of the Children and Parents' Service (CAPS). The Bridge, Unit C, Madison Place, Northampton Rd, Moston, Manchester, M40 5BP</p>	<p><b>NORTH</b> (based at the Bridge in Moston) t: 0161 203 3261 e: <a href="mailto:mft.northmanchestercaps@nhs.net">mft.northmanchestercaps@nhs.net</a></p> <p><b>CENTRAL</b> (based at the Powerhouse in Moss Side) t: 0161 227 9960 e: <a href="mailto:mft.caps.central@nhs.net">mft.caps.central@nhs.net</a></p> <p><b>SOUTH</b> (based at the Carol Kendrick Centre in Wythenshawe) t: 0161 902 3423 e: <a href="mailto:Mft.southmanchestercamhs@nhs.net">Mft.southmanchestercamhs@nhs.net</a></p>
<p><b>Oldham Parent Infant Mental Health Service</b></p>	<p>e: <a href="mailto:pcn-tr.oldhameas@nhs.net">pcn-tr.oldhameas@nhs.net</a> e: <a href="mailto:Philippa.gardner1@nhs.net">Philippa.gardner1@nhs.net</a> t: 0161 470 4263</p>
<p><b>Stockport Infant Parent Service</b> Stockport Families, Central House</p>	<p>e: <a href="mailto:snt-tr.InfantParentService@nhs.net">snt-tr.InfantParentService@nhs.net</a></p>
<p><b>Tameside and Glossop Early Attachment Service</b> 2nd Floor,31 Clarence Arcade, Stamford Street Ashton under Lyne, OL6 7PT</p>	<p>e: <a href="mailto:Kreid5@nhs.net">Kreid5@nhs.net</a> e: <a href="mailto:pcn-tr.eas@nhs.net">pcn-tr.eas@nhs.net</a> t: 0161 716 3569</p>
<p><b>Trafford</b> Trafford CAMHS Office Base: 1st floor, Sale Waterside, Sale, Manchester M33 7ZF</p>	<p>e: <a href="mailto:c.tighe@nhs.net">c.tighe@nhs.net</a> t: 0161 716 4747 m: 07852 675747</p>