

Useful contacts:

BANES Talking Therapies

Gives people the opportunity to talk to trained practitioners about emotional difficulties.

☎ 01225 675150

Website: <http://iapt-banes.awp.nhs.uk>

BANES Family Intervention Service

Provides a range of support to local families on childcare issues, parenting support and benefits.

☎ 01225 395343 (Mon – Thurs 8:45 – 4:45 and Friday 8:30 – 4:30)

Text: 07980 998 906

Email: fis@bathnes.gov.uk

Mothers for Mothers

Is a Bristol based charity made up of mothers who have experienced depression and/or distress following birth.

☎ 0117 975 6006 (9:30 – 12:30 and Mon – Thursday 2:30 – 9pm)

Website: www.mothersformothers.co.uk

Netmums

A national on-line network for mothers and fathers on maternity issues, child welfare, playgroups, child health and child safety plus local and national community issues.

Website: www.netmums.com

PANDAS

Pre and postnatal depression advice service.

Supports individuals, carers and families suffering with perinatal mental health illness.

☎ 0843 2898 401 (Mon – Sunday 9am – 8pm)

Website: www.pandasfoundation.org.uk

The Samaritans

Provides confidential emotional support for people experiencing feelings of distress or despair.

☎ 08457 90 90 90 or 01225 460888 (Bath)

Website: www.samaritans.org

Email: jo@samaritans.org

Contact us

BANES Acute and AE Liaison Service

Bath NHS House

Newbridge Hill

Bath

BA1 3QE

Tel: 01225 362720

Email: awp.bathliaison@nhs.net

For information on Trust Services visit

www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900

Freephone: 0800 073 1778

Email: awp.PALS@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

Lead: Consultant Nurse (Liaison Psychiatry)

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Avon and Wiltshire
Mental Health Partnership
NHS Trust

B&NES Perinatal Mental Health Clinic

**A service for women
during pregnancy**

**What will I be expected to
talk about?**

You matter, we care

Why have I been asked to attend the clinic?

This clinic is for women (and their partners) who may need a more specialist assessment of their psychological needs during pregnancy.

Where will the appointment take place?

Your appointment will be in the Outpatient Department of the Princess Anne Wing, Royal United Hospital, Bath.

The full postal address is in the letter you have been sent with this leaflet. You can find out travel and car parking information at: www.ruh.nhs.uk

How long will the appointment last?

We allow up to 60 minutes to talk with you, which includes time for you to ask any questions.

Who will I see at the clinic?

A midwife and a mental health nurse or doctor.

Occasionally, as we are a training organisation, there may be a healthcare student present – if you are uncomfortable about this, please let us know.

What will happen during the appointment?

The midwife will carry out a physical examination and you will have a conversation with the mental health practitioner.

What I be expected to talk about?

This will vary from person to person, but we usually cover areas such as how you are feeling, any worries or concerns you or your partner may have, and what physical or emotional support might help.

Will my details be shared with anyone else?

We have a policy on confidentiality, and you can speak to us in confidence about how you are feeling.

Sometimes we may need to share information with other services that provide care and support for families and children. If we need to do this, we will always discuss this with you first.

What do I need to bring?

Please just bring your usual maternity notes.

Can I bring someone with me?

Yes, you are welcome please feel free to bring your partner or other person who you feel most comfortable with.

What happens after my appointment?

At the end of the appointment. we will discuss with you our thoughts and suggestions about any additional support or help you may need.

We may give you information about other services or make a referral for more specialist support - If we felt this was necessary we would talk to you about this to obtain your consent.

We will always advise you to make an appointment with your GP and also to discuss your situation and any needs you may have with your community midwife.

We will summarise our meeting in a letter to you and your GP and your midwife. This will be sent to you within two weeks.