

# Specialist Perinatal Mental Health Service video transcript

0:00:01.040,0:00:06.320

We are the specialist perinatal mental health service. We are a multidisciplinary team that

0:00:06.320,0:00:11.440

works closely with GPs, mental health professionals, services and charities

0:00:11.440,0:00:17.200

involved in maternity and neonatal care. We can help if your mental health is affected during

0:00:17.200,0:00:23.040

pregnancy and after having your baby. We cannot help with physical health problems or mental

0:00:23.040,0:00:28.960

health problems that are not linked to pregnancy or having a baby. And in these situations, speak

0:00:28.960,0:00:37.040

to your GP or call NHS 111 for advice or call 999 or go to accident and emergency if you need help

0:00:37.040,0:00:42.560

urgently. To access our service, you will need to be referred by a health care professional

0:00:42.560,0:00:48.800

such as your GP, midwife, health visitor, or mental health practitioner. We do not accept

0:00:48.800,0:00:54.240

self-referrals. When we have received a referral, we will offer you an online appointment to make

0:00:54.240,0:00:58.960

sure that we are the right service for you. If we can meet your needs, we will contact you to

0:00:58.960,0:01:04.960

arrange an appointment to carry out an assessment and find out more about your needs. We will

0:01:04.960,0:01:10.800

work with you to develop a care plan. And this could include psychiatric support, medication,

0:01:10.800,0:01:17.280

or psychological support such as counselling or cognitive behavioural therapy. Depending on your

0:01:17.280,0:01:22.880

preferences and what is safe or the best way to meet your needs, appointments are held via

0:01:22.880,0:01:30.320

telephone, video call or face to face either at our base in Wokingham or your home. You can find more

0:01:30.320,0:01:36.080

information about the specialist perinatal mental health service and what we offer on our web page.