

# Who could I meet in a specialist perinatal mental health team?

## Psychiatrist

- A doctor who is specialised in treating mental health conditions and looks after your care.
- Discusses your diagnosis with you and tells you what treatments are available.
- Helps you to decide about using medication in pregnancy and if breastfeeding.

## Psychologist

- A Psychologist can offer talking therapies. These focus on your mental health, pregnancy, parenthood, and your relationship with your baby.
- They can help you find ways to manage your mental health condition.
- They may refer you to other services for longer term psychological therapy if you need them.

## Specialist perinatal mental health Nurse

- Specialises in looking after mothers with mental health conditions during pregnancy and after the birth of your baby.
- Helps you have a better understanding of your mental illness and to learn how to manage it.
- Supports you to cope. Helps you to develop your relationship with your baby.

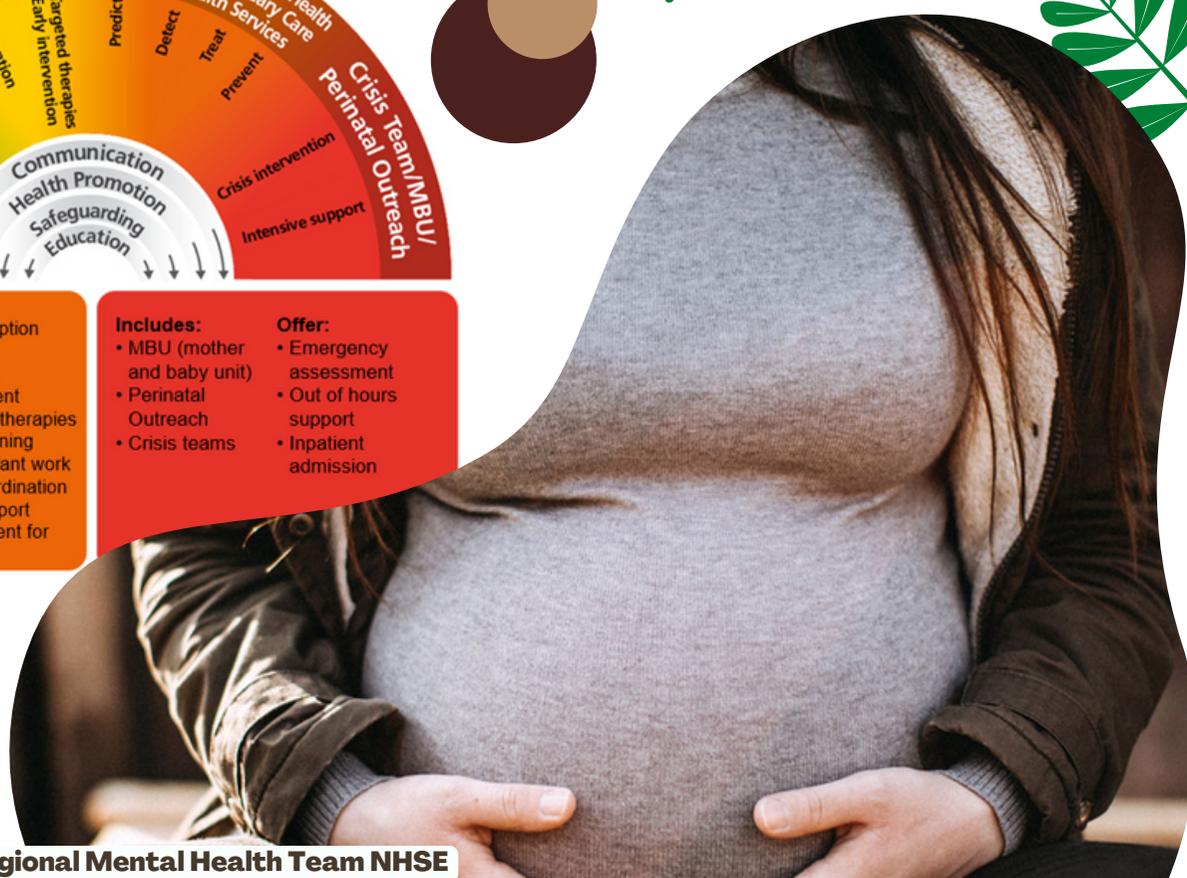
Other professionals you may meet who help you care for your baby and manage life as a parent:

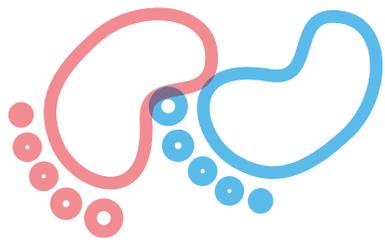
- Occupational Therapists
- Social Workers and Nursery Nurses
- Support workers and/or peer support

# A collaborative whole system approach to perinatal mental health and wellbeing



# Support Available During Your Pregnancy





When you are pregnant, you will see different healthcare professionals. Knowing who these people are may help you feel more comfortable during your care. This leaflet will explain who you may meet during your pregnancy.

### Midwife

- A midwife looks after you during pregnancy, birth, and afterwards. They will help you plan the birth of your baby
- Everyone will have a midwife. They provide care in hospital or at home, or in the community.
- After the birth of your baby, you will both be cared for by midwives and maternity support workers. This is usually for 10 days after the birth of your baby.

### Health visitor

- Health visitors are trained nurses and midwives. They provide advice and support for your baby's health and development until their 5th birthday.
- You may meet your health visitor before the birth of your baby or shortly after the birth.
- Health Visitors are based in the community and some visits may be at home.

### Obstetrician

- A doctor who supports in the care of complicated pregnancies and births.

## What is a specialist perinatal mental health service?

This is a service for people who need extra support with their mental health, before, during and after pregnancy. The service will:

- Help you stay as mentally well as possible during pregnancy and after your baby is born.
- Make sure that you, your family and other health and social care professionals can recognise if you become unwell.
- Give the best possible care, treatment, help and support to you and your family.
- Provide holistic care to the mother and baby.
- Help you to enjoy having your baby, and to develop confidence as a new parent.

