

A road map to support you and your family's emotional wellbeing during pregnancy and beyond.

Sometimes this is called Perinatal Mental Health



What help do I need?

Perinatal Mental Health Support

Getting Advice

Sometimes you might just need a bit of gentle advice, guidance or connection to help you through...

Getting Help

You may feel you need to talk to a professional about how you're feeling. There are lots of services who can help you with this...

Getting More Help

There are specialist services who may be able to help you a little more...

Getting Risk Support

If you feel unable to cope and talking isn't enough then there are services you can turn to...

Derby City



### Midwifery



Care is provided to women and birthing people during their pregnancy, birth and after baby is born by midwives. Care is provided in both the community and hospital setting and aims to be personalised and, where required, additional support can be arranged.

### Health Visiting



Support from pregnancy until the child turns five years old. Support with aspects of family life such as, but not limited to, infant feeding, perinatal mental health, behaviour support, toileting, sleep, weaning and vulnerability support alongside social care.

### Derby & Derbyshire Perinatal



#### Mental Health Service

A specialist team providing treatment & care to women and birthing people who are experiencing moderate to severe & complex mental health difficulties associated with pregnancy & the postnatal period.

### Family Hubs



Derby's Family Hub is here to help you find the right support at the right time for you and your family. You can access free support for your well-being, mental-health and parent-infant relationships through a range of programmes and activities.

### Connected Perinatal Support



Free pregnancy & early parenthood peer support. Connected offer a range of services including, but not limited to, one-to-one support, labour & birth support, groups, baby massage, Dads & Non-Birthing Parents support & hospital-based support.

### Getting Advice

#### Chat Health

Confidential health advice text messaging service for parents and carers. Text number for parents and carers of Derby children aged 0 to 19: 07507 327754

#### Family Hubs Programmes

A range of activities, sessions, advice and support including well-being, mental-health and parent-infant relationships that everyone living in Derby can access. Search – Derby Family Hub

#### Dad Pad

An easy-to-use, free app for new dads and dads-to-be in the Derbyshire area. The app includes guidance for Dads on how to support and seek help for their partners. [thedadpad.co.uk](http://thedadpad.co.uk) and enter your postcode

#### Connected Groups

Free, safe and supportive groups for anyone pregnant or expecting a baby, and anyone caring for a baby or child under 5. No need to book.

#### Dads' Space

Groups and activities just for Dads, delivered by Connected & Derby County Community Trust. [www.connectedperinatalsupport.org](http://www.connectedperinatalsupport.org)

### Getting Help

#### Health Visiting Emotional Wellbeing Listening Visits

Health visitors will come and talk to you about how your feeling, if you need more help with your emotional wellbeing, we can offer upto 4 listening visits and if needed we can refer you into other services. Contact your Health Visitor

#### Talking Therapies » Joined Up Care Derbyshire

Talking Therapies offers different types of therapy for people over 16 with common mental health problems. [joinedupcarederbyshire.co.uk/talking-therapies](http://joinedupcarederbyshire.co.uk/talking-therapies)

#### Derby & Derbyshire Perinatal Mental Health Team (Community)

This service can be offered from 12 weeks of pregnancy up to 2 years post birth. Women and birthing people who meet the criteria can be offered an assessment. You can self refer for an assessment at – Perinatal self referral: Derbyshire Healthcare NHS Foundation Trust

#### Local GP

Can also provide support and signpost to the right healthcare services.

### Getting More Help

#### Specialist Perinatal Mental Health Midwifery

Specialist midwives who support women & birthing people with perinatal mental health through pregnancy and in the immediate postnatal period. Contact your midwife

#### Maternal Mental Health Service

Specialists psychological care for people who are experiencing moderate to severe mental health difficulties associated with a range of mental health difficulties. Contact your midwife

#### Derby & Derbyshire Perinatal Mental Health Team

This specialist service can be offered from 12 weeks of pregnancy up to 2 years post birth. Women and birthing people who meet the criteria can be offered an assessment, following this care and treatment can be offered by the specialist team or the team will offer signposting advice. You can self refer at – Perinatal self referral: Derbyshire Healthcare NHS Foundation Trust

### Getting Risk Support

#### Crisis Services

Derbyshire Mental Health Helpline and Support Service 0800 028 0077 or search – Crisis services: Derbyshire Healthcare NHS Foundation Trust (You can also contact the service via SignVideo if you are Deaf or hearing impaired)

Call 111 and select the 'mental health' option to reach the NHS helpline in your area.

Derby Safe Haven – Offering support when you feel overwhelmed or unable to cope. Call 0330 0083722 or drop in at 309 Burton Road, Derby DE23 6AG.

#### The Beeches Mother and Baby Unit

Offering specialised treatment to women or birthing people, patients can be admitted from 32 weeks antenatally up until infant is 1 year old. You can be referred to the Beeches Mother and Baby Unit by a Health Care Professional, this could be your GP, Midwife, Health Visitor. Watch the Beeches Film for more info – The Beeches – inpatient unit: Derbyshire Healthcare NHS Foundation Trust

#### A & E

In a medical emergency or life-threatening situation, attend your nearest A & E or call 999.