


Perinatal Mental Health

Support before, during and after pregnancy

Provided in partnership by:
Sheffield Health and Social Care
NHS Foundation Trust
Rotherham Doncaster and
South Humber NHS
Foundation Trust
Light (pre and post natal support)





Having a baby is one of the most important times in your life.

It's a time of huge change for people, physically and emotionally. One minute you might be feeling excited, and the next you're nervous – it can be an emotional rollercoaster.

In fact it's estimated that 1 in 5 women will experience a diagnosable mental health issue before, during and after pregnancy, which is also known as the perinatal period.

That's where we can help.

Who are we?

The Sheffield Rotherham and Doncaster Perinatal Mental Health Service provides specialist assessment and treatment to mums and their families living in Sheffield, Rotherham or Doncaster.

The service is run in partnership between Sheffield Health and Social Care NHS Foundation Trust, Rotherham Doncaster and South Humber NHS Foundation Trust and Light, a local perinatal peer support charity.

We offer confidential, non-judgmental care and treatment to mums who experience more serious or complex mental health needs.

Not every mum will need our service, but we can help provide all the information you need to access other local support.

Lots of our team are parents themselves and have experienced similar emotions to the ones you may be feeling.



Who do we support?

We estimate that more than 700 women in our local area will receive support from us at some point every year, so if you're struggling with how you're feeling don't worry, you're not alone.

Our service is available to women who:

- are planning to try and have a baby
- are pregnant
- have a child less than 12 months old

And who also:

- have previously been diagnosed with a serious or complex mental health problem
- might be developing a serious or complex mental health problem

What do we offer?

Everyone we see is unique and experiences different things. That's why what we offer is tailored to meet your individual needs.

Some of the services we offer include:

Pre-conceptual advice

If you're managing an ongoing mental health problem and thinking about having a baby we can offer a range of advice. At this one-off appointment we'll discuss your current care, risks, treatment and medication.

Specialist mental health assessment

We have a detailed conversation about all aspects of your current needs and previous history.

One-to-one appointments

We'll meet you in a place where you feel most comfortable – whether that's at home, in one of our clinics or anywhere else you choose.

Peer support

We offer local peer support groups, co-run with Light, which give you the chance to meet other parents and babies, share stories and support each other through your recovery. Light offer a range of support so if a group setting isn't for you, they can still help.

Access to a team of specialists

To help you during your recovery you can access care from a variety of specialists, including psychologists, psychiatrists, nurses, occupational therapists, social workers, infant specialists, nursery nurses and peer support workers.

General advice and signposting

We offer advice for referrers and to anyone seeking support. We can signpost you to other services, charities and organisations who might be better placed to offer help.

Frequently asked questions

We know that no matter how bad you're feeling it can be tough to take that first step and ask for help. It's natural to have lots of questions that you want answering beforehand, so we've put together a list of the most common questions we get asked.

If I have a mental health condition will my child or children be taken away?

Please don't worry, we're not here to take your children away from you. Feeling distressed in the perinatal period is common and does not mean that you are a danger to your children. We want to support you to have a happy and health pregnancy, and enjoy the experience of motherhood. There are people who have mental health problems busy being great parents all around us.

If I'm honest about how I'm feeling and what I've been experiencing will people think I'm a bad mum?

No. Being honest and open helps us to understand how you're feeling and provide the most suitable support. We aren't here to judge you as a person or as a parent, we're here to help you in any way we can. Even if something you're experiencing sounds odd or it's hard to say, we need to know.

I'm being referred to your service, what happens next?

We will contact you to arrange an appointment with us, or advise that our service might not be suitable for you and suggest alternative sources of support.

What about partners/dads?

Mental health problems don't just impact mums, they affect all of the family. With your consent we will contact your partner to see how they are feeling and signpost them to other local support if they want it.



Additional Support

There's lots of additional support out there for families before, during and after pregnancy.

IAPT – offer talking treatments for stress, anxiety and depression, including specialist mother and baby support.

Sheffield

www.iaptsheffield.nhs.uk

Rotherham and Doncaster

www.talkingsense.org

Light – peer support charity working in Sheffield, Rotherham and Doncaster. They offer a range of family support up to the child's second birthday.

www.lightsheffield.org.uk

Mind – free mental health advice and support.

Sheffield

www.sheffieldmind.co.uk

Rotherham

www.rbmind.co.uk

Doncaster

www.doncastermind.org.uk

Tommy's – pregnancy information and advice for parents on miscarriage, stillbirth and premature birth.

www.tommys.org

Action on Postpartum Psychosis

– a national charity for women and families affected by Postpartum Psychosis.

www.app-network.org

Best Beginnings – a charity dedicated to ensuring all children, regardless of background, have the best start in life.

www.bestbeginnings.org.uk

Maternal OCD – founded by two mothers, Maternal OCD support women who are living with Obsessive Compulsive Disorder (ODC).

www.maternalocd.org

Postnatal Depression and Me – a blog dedicated to raising awareness of antenatal and postnatal depression.

www.pndandme.co.uk

How to make a referral

We accept referrals from any health and social care professional working in Sheffield, Rotherham or Doncaster.

The team are happy to discuss referrals or give advice over the phone. You must have consent from the person you are contacting us about wherever they have the capacity.

If you would like to make a referral please complete our referral form and email it to:

Sheffield

perinatalmentalhealth@shsc.nhs.uk

Rotherham

rdash.rotherhamperinatal.service@nhs.net

Doncaster

rdash.doncaster-perinatal-mental-health-team@nhs.net

If you need to request a referral form please call us using the numbers on the back page.



How to find us

Our three main bases are:

Sheffield

Michael Carlisle Centre
75 Osborne Road
Sheffield
S11 9BF

Rotherham

Swallownest Court
Aughton Road
Swallownest
Rotherham
S26 4TH

Doncaster

Cherry Tree Court
Tickhill Road Hospital
Weston Road
Balby Doncaster
DN4 8QN

Get in touch

If you'd like to find out more about the service you can contact us Monday to Friday, 9am to 5pm on the following numbers:

Sheffield 0114 271 6069
Rotherham 01709 447070
Doncaster 01302 566999

If you need urgent mental health support outside of these hours please call:

Sheffield 0114 271 6310
Rotherham 01709 302670
Doncaster 01302 566999

If you require this information in any other accessible format or language please contact your local team.