

## Confidentiality and consent

When you speak to any of our team in private, you can expect that information to be confidential. If you give consent, we will also write to whoever referred you to us, and may send copies to your GP, midwife and obstetrician. We would only share the information they need to care for you.

All health professionals are required by law and their own professions' codes of conduct to keep patient information confidential.

In some cases, if we are worried about your safety or that of your baby, we may need to speak to other agencies to get you the help and protection you need. This is always discussed with you first.

All the treatment you are offered will be discussed and agreed with you. Your partner or other close family member can be involved if you want them to be. We will not share information with them unless you consent. It is important that you are given the chance to discuss plans and understand what choices you have. In this way you can choose the care that suits you and your family and our team can work together with you.

## Involving you

If you have a comment, complaint, concern or compliment, please let us know by speaking to a member of our team, or going online to our website:

<https://www.nhsgrampian.org/service-hub/parent-and-infant-mental-health-services-pimhs/involving-you/>



Your feedback is important to help us improve and update our service



NHSGPIMHS



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## Sources of information and local support

You can find other organisations offering help and advice by following this link:

<https://www.nhsgrampian.org/service-hub/parent-and-infant-mental-health-services-pimhs/resources-for-local-support/>



## Contact us

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This publication is also available in other formats and languages on request. Please call Equality and Diversity on **01224 551116** or **01224 552245** or email: [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)

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INFORMATION



# Community Perinatal

Mental Health Team



Version 1

## What is the community perinatal mental health team?

The period of time, including pregnancy and the first year of baby's life, is known as the perinatal period. We are a specialist team supporting women during this period, who are aged 18 and over, in the Grampian area. We care for women who have, or are at risk of having, a mental illness. The team also give advice to women planning a pregnancy who are at risk of serious mental illness.

This short video helps explain what the Community Perinatal Mental Health Team (CPMHT) is and can also be accessed through the QR code.

<https://www.pmhn.scot.nhs.uk/access-to-specialist-care-in-scotland/care-pathways-community-perinatal-health-teams/>



## Who is in our team?

We have a mix of different professionals who work together to provide the support that is right for you. The team includes psychiatrists, psychologists, a perinatal mental health specialist midwife, mental health nurses, an occupational therapist and a specialist health visitor, as well as administration staff.

The team is based in our own dedicated clinic building in Aberdeen, separate from the main hospital sites. We have worked hard to create a calm and welcoming environment for you.

## What do we do?

We aim to provide care and support through a range of therapies to prevent or manage mental illness. In this way we work to keep mothers as healthy as possible and able to care for their babies. We also provide information and support to partners and other family members. The team can offer a variety of treatments, including talking therapies, medication and support with daily activities.

## Why have I been referred to the service?

There are many reasons people are referred to us.

For example:

- You might have had a mental illness in the past and be pregnant/ planning to get pregnant
- You might have a close relative with bipolar disorder or who had postpartum psychosis
- Your GP, midwife or obstetric consultant feels you are unwell and we could help you
- You are on medication for a mental illness and are planning to become pregnant.

## Who can I ask if I need help from the CPMHT?

You can be referred to us by:

- Your GP or hospital consultant
- Your midwife
- Your health visitor or family nurse practitioner.

## How can we help?

We will offer you an appointment, either in person in Aberdeen, or on video link, for an assessment. At this appointment you can tell us about your experiences and the support you are looking for. We can then work together with you, and with family members if you wish them to be involved, to decide what help you need and how best to support you.

You are welcome to have someone with you for your appointment, such as your partner or a relative. Your babies and young children are also welcome to attend with you and we have a small play area and changing facilities.

You might see our psychiatrist, a mental health nurse, our specialist midwife or one of our psychologists. We can arrange home visits throughout Grampian, including Moray, from our mental health nurses and involve other professionals if you need help caring for your baby. Our occupational therapist may assess you and help you manage daily activities, and our specialist health visitor can offer support and a link with your local health professionals and services.

If you can't make it to an appointment for any reason, please let us know so we can rearrange it for you. If we are seeing you when you are pregnant, we will work with you and other members of our team to come up with a care plan for birth and the weeks afterwards. This plan will be shared with your GP, midwife and the obstetric team so that you can receive the care you need.

We may be asked to see you on the maternity ward/ birthing unit by your obstetric team, to make sure you are well-supported before you go home.

## Inpatient care

Rarely women need to receive care in hospital, to get the help they need and to keep them and their baby safe. If you need this you may be admitted with your baby to a specialist mother and baby unit. In Scotland these are currently situated in Livingstone and Glasgow. Alternatively you may be admitted to a ward in Grampian; if admission is needed these options will be discussed with you to find the best solution.

This short video helps explain how the mother and baby units can help you and your baby:

<https://www.pmhn.scot.nhs.uk/access-to-specialist-care-in-scotland/care-pathways-mother-and-baby-unit/>

