

## About the service **Information link : [candi.nhs.uk/specialistperinatal](https://candi.nhs.uk/specialistperinatal)**

The Specialist Perinatal Mental Health Service (SPMHS) provides high quality care and treatment to pregnant women and up to one year after having a baby, who have mental health difficulties (moderate to severe). The team also offers a one-off appointment for pre-conception advice to women who have a history of severe mental illness and are considering having a baby.

North London Partners SPMHS encompasses five boroughs (Barnet, Camden, Enfield, Haringey and Islington) and the five maternity units that are in these boroughs (Barnet, North Middlesex, Royal Free, University College London and Whittington hospitals). Outpatient appointments will be provided at different locations within the five boroughs; home visits can also be arranged if required.

We are a dedicated specialist mental health team comprising of Consultant psychiatrists, Specialist Perinatal Nurses and Clinical Psychology. If admission is required, there are three Mother and Baby units (MBUs) in London that can be referred to in the first instance, as well as other MBUs nearby for example Hertfordshire.

## What we do

- Screen referrals and provide specialist advice to all referrers (GPs, health visitors, midwives, obstetricians, mental health and other community services).
- Supporting and monitoring women during pregnancy and post-natal period who are under the care of the perinatal mental health service and linking them in with community support services.
- Assessment, advice and treatment (in collaboration with the woman's usual psychiatric team, where she has one)
- Pre-conception advice for women
- A clinical member of the team will be available to discuss urgent referrals during working hours.
- Devising birth plans and relapse plans with well women who have history of severe mental illness and high risk for relapse and who are at risk of relapse.
- Providing training and education to primary & secondary care staff and other voluntary and statutory organisations.
- Advice to social care about perinatal issues and involvement in multi-agency working with safeguarding children.

## Referral criteria

- Generally women over 18 years old by the due date, who are planning a pregnancy, pregnant or up to 6 months postpartum;
- with current or previous severe mental illness; OR
- currently under the care of psychiatric services; OR
- previous or suspected post-partum psychosis

## How to refer

- **Email completed referral form to:**  
[cim-tr.ncl.perinatal@nhs.net](mailto:cim-tr.ncl.perinatal@nhs.net)
- If you do not have the referral form please call us to have this emailed to you, alternatively this can be downloaded at: [candi.nhs.uk/specialistperinatal](https://candi.nhs.uk/specialistperinatal)
- **Not sure? We provide telephone advice. Please direct referral enquiries as follows:**  
**Whittington and UCLH** (antenatal) or Camden and Islington (postnatal): **0207 561 4142**  
**Barnet and Royal Free** (antenatal) or Barnet and Enfield (postnatal): **0203 317 7805**  
**North Middlesex University Hospital** (antenatal) or Haringey (postnatal): **0203 317 6093**
- **This is not an emergency service**
- **For emergency help...** call 999 or direct people to the mental health liaison service at their local A&E. **For urgent help...** contact the local crisis teams: Camden & Islington - 020 3317 6333, Barnet - 020 8702 4040, Enfield - 020 8702 3800, Haringey - 020 8702 6700