

13 November 2023

Perinatal Mental Health Services

I want to know what perinatal mental health maternity services the Jubilee Hospital offers to expectant mothers if needed.

Maternity staff at the Royal Jubilee Hospital can refer expectant mothers to the appropriate Trust Community Perinatal Mental Health Team in which the expectant mother resides if they have a diagnosis of a serious mental illness or are at risk of developing one. There are specialist community Perinatal Mental Health Teams in all five Health and Social Care Trusts.

Please note – the information below outlines the Services offered by Belfast Perinatal Mental Health Service only

The Belfast Perinatal Mental Health Team (PNMHT) is a specialist community team for women aged 18 and over during pregnancy and up to 1 year after birth. The primary aim of the team is to improve the health and wellbeing of women, their babies and their wider families through increased awareness of mental illness in women during pregnancy and after childbirth, early identification of women who have, or are at risk of, mental health difficulties and provision of effective and evidence based interventions.

The Service treats women with a serious mental illness or who are at risk of developing one. We also care for women with complex mental health conditions. Women with a serious mental illness who are currently well will be accepted onto the community perinatal mental health team as the perinatal period is associated with a risk of relapse.

The Belfast PNMH Service offers:

- A comprehensive mental health assessment.
- Collaborative care planning during pregnancy and / or the postnatal period.
- Provision of evidence based psychological interventions.
- Provision of advice and information to partners and family members to help them understand the risk of mothers becoming unwell and how to support them.
- Advice about taking medication in the perinatal period

What staff are in that team if there is one?

Staff within the Belfast Perinatal Mental Health Team listed below:

- Specialist Perinatal Mental Health Nurses
- Specialist Perinatal Mental Health Social workers
- Consultant Psychiatrist
- Clinical Psychologist

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- Specialist Health Visitor
- Specialist Midwife
- Specialist Perinatal Occupational Therapist
- Parent/Infant Psychotherapist