

How Can I Access The Service

We accept referrals from health professionals including mental health professions, health visitors, midwives, social workers, obstetricians and GPs.

Information for Referrers

We accept referrals for women who are pregnant and up to one year post-natal with moderate to severe mental health difficulties.

Referral forms can be found on our website:

Newham Perinatal Team

Tel: 0207 363 8801/8258

Email: elft.newhamperinatalreferrals@nhs.net

For support outside of these hours, please call 0207 540 6782

Tower Hamlets Perinatal Team

Tel: 020 8121 5425

Email: elft.towerhamletsperinatalteam@nhs.net

For support outside of these hours please call 0207 771 5807

City & Hackney Perinatal Team

Tel: 0208 510 8420

Email: elft.chperinatal@nhs.net

For support outside of these hours please call: 020 8432 8020

The Perinatal Mental Health Services are open from 9am-5pm Monday to Friday (excluding bank holidays).

Complaints and Concerns

For any complaints or concerns please contact the service manager in the first instance. If you don't feel comfortable with that, or would prefer to contact complaints services directly, the details are:

Tel: 0800 085 8354

Email: elft.complaints@nhs.net

Address: FREEPOST RTXT-HJLG-XEBE, PALS & Complaints Department, The Green, 1 Roger Dowley Court, Russia Lane, London, E2 9NJ

Testimonials from some of our clients

The staff were compassionate and kind. I felt they truly listened

"Being able to talk to someone who listens has helped me feel much better."

My wife felt very welcomed and treated very professionally and with a friendly demeanour from the offset. We were shown great care, knowledge and compassion.



Perinatal Mental Health Service

Tower Hamlets | Newham |
City & Hackney



Helping parents get the most out of pregnancy, childbirth and parenthood

www.elft.nhs.uk



Pregnancy and Mental Health

Pregnancy, childbirth and the months after birth are a crucial time of change for parents and their babies. It is common for mothers and their partners to experience many different emotions during this stage. Becoming a parent can be complex, exciting, rewarding and difficult. What is not always spoken about are the ways in which parents and their babies may need help in managing this life-challenging period.

Who We Are

We are a team of specialist mental health professionals, psychiatrists, specialist nurses, psychologists, nursery nurses, occupational therapists and administrators. We work closely with midwives, obstetricians, health visitors and other health professionals who may be in the families' network.

We offer assessment, treatment and specialist advice for women who experience current or previous moderate to severe mental health difficulties.

Families We See in the Service

We aim to provide early identification and treatment of antenatal and postnatal mental health and attachment difficulties. We aim to help maintain parental wellbeing, and support developing a strong loving relationship between parents and their babies. We see:

- Parents who may be planning a pregnancy and need advice about managing treatment
- Women who are pregnant or have recently given birth and had mental health problems currently or in the past
- Women who are struggling with bonding and attaching to their unborn or newborn baby
- Parents who experience emotional difficulties affecting their enjoyment of their new relationship with their baby

The First Appointment

We offer face-to-face appointments in a variety of settings. We do our best to be flexible when agreeing the first appointment dates and times. The initial appointment will be with the parent(s) and baby and will last for about an hour. The clinician will ask parents to complete some forms, and talk about current difficulties and past experiences. We will then jointly decide what treatment and further care you may need. Care plans will be reviewed regularly to make sure it works for the family

What Kind of Treatment We Offer

- Psychiatric assessment (including treatment and medication reviews)
- Preconceptions counseling (for those experiencing severe mental health difficulties)
- Specialist perinatal practitioner input (including Clinical Nurse Specialists, Occupational therapists and nursery nurses)
- Specialist Psychological Intervention

Specialist Therapeutic Provisions

- Parent-Infant Psychotherapy
- Cognitive Behavioral Therapy
- EMDR
- Couples Therapy
- Systemic Family Interventions
- Mindfulness
- Birth Trauma

