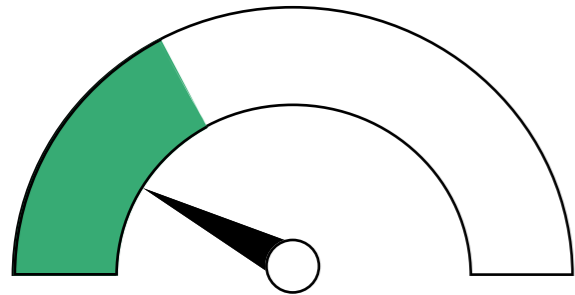


Perinatal Mental Health Referral Pathways: at-a-glance

1 IAPT/GP (My Wellbeing College)

Talking therapies for a range of mental health concerns
Women can self-refer into the service by contacting their GP or by using the details below.



☎ 0300 555 5551

✉ @mwcenrolment@bdct.nhs.uk

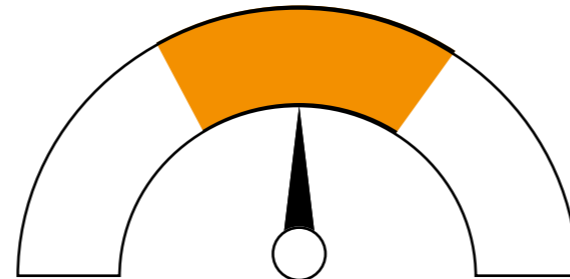
🌐 bmywellbeingcollege.nhs.uk



2 SMABS

Specialist Mother & Baby Service

Health professionals can call the Single Point of Access (SPoA) line for advice on referrals, or use the referral form which can be found on the website.



☎ 01274 221180 (SPoA)

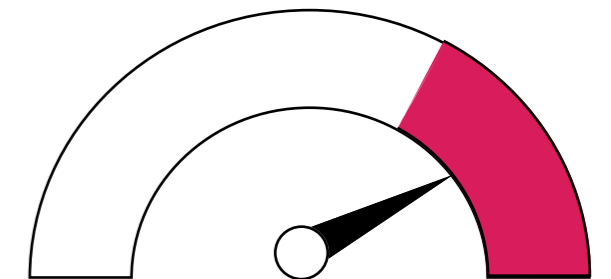
✉ @perinatalsmabs@bdct.nhs.uk

🌐 bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/



3 1st RESPONSE

Crisis support available 24/7
Women can call the service for themselves or a call can be made by a friend, carer or relative.



☎ 0800 952 1181

✉ @first.response@nhs.net

🌐 bdct.nhs.uk/services/first-response

➔ Consider : Support services + Consider : Safeguarding Referral ←

1 Mild - Moderate

Any low-moderate level:

- Anxiety / depression
- OCD
- Panic disorder
- Phobia / trauma

2 Severe

- Bipolar
- Schizophrenia
- Previous psychosis
- Severe trauma / phobia

3 Urgent

- Red Flags: Suicidal thoughts, recent change in presentation or emergence of new symptoms, feelings of guilt / inadequacy, detachment / estrangement from newborn, suspected psychosis



Talking therapies for a range of mental health concerns

0300 555 5551
mwcenrolment@bdct.nhs.uk
bmywellbeingcollege.nhs.uk



Peer support for mums with anxiety / low mood in pregnancy & postnatally

01274 505034 / 07966 926849
perinatalsupport@family-action.org.uk
betterstartbradford.org.uk



Practical family support via phone, text or email

0808 802 6666 / 07537 404282
familyline@family-action.org.uk
family-action.org.uk



Culturally adapted mental health support for South Asian women

01535 609927
info@roshnighar.org.uk
roshnighar.org.uk



Practical & emotional support before, during and after birth

01274 223233
info@bradforddoulas.org.uk
betterstartbradford.org.uk

Support Services

For mental health through pregnancy, birth & beyond in Bradford District and Craven*

*Contact individual organisations for information on which areas are covered



Practical support for families experiencing difficulties

01274 666711
hsbd@homestartbradford.co.uk
homestartbradford.co.uk



For parents at risk of or suffering from anxiety / depression in pregnancy

01274 381440
nspcc.org.uk



Specialist support for substance misuse during pregnancy

01535 610180
info@project6.org.uk
project6.org.uk



Specialist support for Infant Mental Health, bonding, attachment & trauma

01274 251298 / 07766 568407
littlemindsmatter@bdct.nhs.uk
betterstartbradford.org.uk



Specialist support for parents experiencing drug / alcohol abuse and sex workers

01274 745636
info@thebridgeproject.org.uk
thebridgeproject.org.uk