



Oxford Health
NHS Foundation Trust



Buckinghamshire

Perinatal Mental Health Team

Who are we?

The Buckinghamshire Perinatal Mental Health Team provides specialist advice and assistance to women and birthing people with antenatal and postnatal mental health problems.

We also look to support partners, significant others, and health professionals involved in their care.

Our team consists of doctors, clinical psychologists, a pharmacist, community mental health nurses, social workers, occupational therapists, nursery nurses, support workers, management, and administrative staff.

We work together to provide specialist care and interventions, offering a holistic approach to helping parents and their families.

Care is delivered in family homes and at our local clinics in Aylesbury and High Wycombe.

Who are we there to help?

The arrival of a new baby can be a time of great joy, but also a time of stress and change for body and mind.

For most new parents this leads to changes in feelings and relationships, and some may experience difficulties with anxiety and depression.

In most cases these improve with the support of friends, family, Health Visitors, GPs.

Where difficulties are mild to moderate, a self-referral can be made to Buckinghamshire Talking Therapies: <https://short-url.org/1guRb>

The perinatal service may be involved when more specialist help is required.

We offer pre-conceptual advice for those with a history of severe mental illness who are planning a pregnancy and are taking medication which requires particular consideration in the perinatal period.

We also support parents-to-be and parents with issues such as

- Severe anxiety and depression
- Trauma
- Emotional regulation difficulties
- Neurodevelopmental conditions
- Obsessive compulsive disorder
- Bipolar affective disorder
- Schizoaffective disorder
- Schizophrenia
- Postnatal psychosis.

For families experiencing fear of birth, birth trauma, and loss, we will guide your referral to our sister team: the Maternal Mental Health Service. ****shortened link****

Who can refer?

As we are a specialist service, we are not open to self-referral.

Your health professionals, including Midwives, Health Visitors, Obstetricians, Family Nurse Practitioners and GPs can make a referral on your behalf.

Referrals email: bperinatal.referrals@oxfordhealth.nhs.uk

How long will you wait for an appointment?

We aim to meet with everyone within 2 weeks of referral, with more urgent requests prioritised.

Appointments can be offered face-to-face, in clinics, in your home, or digitally depending on need.

You may have someone with you if you would like.

What we offer

We will work closely with you and other professionals to develop a treatment plan tailored to your own individual needs.

Our aim is to provide the right care at the right time to support your recovery, encouraging family involvement and strengthening your bond with your child.

Some of what we offer includes:

- i An assessment experience that embraces what is important to you in your
- i A written letter summarising your care plan
- i Advice on prescribing medication for mental health reasons in pregnancy and breastfeeding
- i Joint specialist birth planning, particularly for those at high risk of relapse in the perinatal period
- i Psychologically informed care delivered by a multidisciplinary team, with access to groups and individually tailored interventions
- i Parent-infant interventions tailored to the family to enhance bonding, attachment, and communication. These may include baby massage, Circle of Security, and Video Interactive Guidance (VIG)
- i Psychological therapy on an individual or group basis, including Cognitive Behavioural Therapy, Compassion Focused Therapy, Emotion Coping Skills, Eye Movement Desensitization Reprocessing Therapy, Couples Therapy
- i Parenting skills support, including help with feeding, role adjustment, routine, and parent-infant activities

- i** Peer support through weekly parent and baby groups, and walking groups
- i** Support to access Mother and Baby inpatient units when admission is needed

Contact the Perinatal Team

Buckinghamshire Perinatal Mental Health Team
The Whiteleaf Centre,
Bierton Road,
Aylesbury,
HP20 1EG

Tel: 01865 901749 (9am-5pm Monday-Friday)
Out of hours: 01865 902000

Buckinghamshire Perinatal Mental Health Team Website:
<https://www.oxfordhealth.nhs.uk/buckinghamshireperinatal-mental-health-service/>

Buckinghamshire Maternal Mental Health Service Website:
<https://www.oxfordhealth.nhs.uk/maternal-mental-health-service/>

براہ کرم ہم سے رابطہ کریں اگر آپ معلومات کسی اور زبان یا مختلف شکل میں چاہتے ہیں۔

Prosimy o kontakt, jeśli chcieliby Państwo otrzymać informacje w innym języku lub w innym formacie.

यदि आप जानकारी किसी अन्य भाषा में या किसी अलग प्रारूप में चाहते हैं तो कृपया हमसे संपर्क करें।

کہ تاسو معلومات پہ بلہ ژبہ یا پہ بل شکل کې غواړئ، مهرباني وکړئ مور سره اړیکه ونیسئ.

جے تسیں ایہہ معلومات کیسے ہور زبان وچ یا کیسے ہور شکل وچ لینا چاہندے ہو، تاں کرپا کر کے ساڈے نال رابطہ کرو۔

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
 Trust Headquarters
 Littlemore Mental Health Centre
 Sandford Road, Oxford OX4 4XN

Phone 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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