



Bucks Perinatal Mental Health Team

# Preconceptual appointments

# What is preconceptual counselling?

The Perinatal Mental Health Team in Bucks offer appointments to women who are planning a pregnancy and have a history of severe mental illness to discuss how to keep well and what support is available through the perinatal journey.

## Who can it help?

We would be delighted to see anyone who is planning a pregnancy who has a diagnosis of bipolar affective disorder, or schizophrenia, or has a history of psychosis, particularly postpartum psychosis. We also see those who are on a complicated regime of medication for their mental health.

## What will it support with?

The perinatal practitioners will ask some questions about your mental health and your medication regime, including your past history.

We are aware that this can feel difficult to discuss, but it is important for us to get accurate information to have an informed discussion.

They will talk through with you any risks of mental illness in the perinatal period and how they can be managed, as well as the risks and benefits of medication in pregnancy and the postnatal period.

They will consider with you any changes that may need to be made to your treatment in any future pregnancy.

## **Time off work**

These are medical appointments. If you need evidence of the appointment to request time off work, please let our Admin team know.

## **Format of the appointments**

These are usually one-off appointments, lasting approximately one and a half hours. They are usually face to face but could be online via Microsoft teams. You are welcome to bring a relative/friend/advocate with you to this appointment.

## **Who will you see?**

These appointments are carried out by one or two members of staff from the Bucks Perinatal Mental Health Team, usually one of the doctors and/or the perinatal pharmacist.

## **What's next?**

If your Healthcare professional has identified that you might be eligible for one of these appointments, they can refer you to the Perinatal Mental Health Team. We aim to see people within 6 weeks of referral.

# Accessibility

Patient information leaflets are available on our website:  
[www.oxfordhealth.nhs.uk/leaflets](http://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](http://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

Become a member of our foundation trust: [www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: [www.oxfordhealth.charity](http://www.oxfordhealth.charity)