

Cheshire and Mersey Specialist Perinatal Service

Mental healthcare for women
and families

Our Specialist Perinatal Service works with women with mental health problems in Halton, Knowsley, St Helens and Warrington, who:

- Are thinking about or planning to have a baby
- Are pregnant
- Have a baby who is 12 months old or younger

A joint initiative between:

Cheshire and Wirral Partnership
and Mersey Care NHS Foundation Trust



We can help with...

1. Preconception advice

We offer one-off preconception appointments to provide advice, guidance and signposting to support women who are thinking about or planning to have a baby, who:

- Have a history of mental health problems
- Are taking medication for mental health problems
- Are worried about the impact having a baby will have on their mental health
- Have anxiety around pregnancy, childbirth or becoming a parent



2. One to one assessment and support

We provide one to one assessment and ongoing support for women who are pregnant or have a baby who is under 12 months, and:

- Are currently experiencing complex or severe mental health problems
- Have a history of or are at risk of developing severe or complex mental health problems during the perinatal period, even if they are currently well



3. Phone consultation and advice for health professionals

We provide advice over the phone for any health or social care professionals working with women who are receiving support from primary or secondary mental health services and are either pregnant, planning a pregnancy or have a baby who is under 12 months. This includes advice around prescribing mental health medications in pregnancy and risk benefit analysis.



How to make a referral

Referrals for one to one support and preconception appointments can be made by contacting us directly for discussion in the first instance, or by the usual referral route through your local mental health assessment team.

You can contact us for advice or to make a referral on **01925 275 303** from **9am-5pm, Monday to Friday**.