

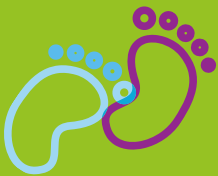
# Perinatal & Maternity Support Guide



# Wellbeing Information



Leaving work to have a baby or adopting a baby/child is an amazing and life changing time; whether this is your first child, or you already have children at home, it is a time of huge change both physically and emotionally. It is natural to experience a wide range of emotions during this time, but if there are times when these changes feel overwhelming and your feelings become difficult to manage, there is support available.



**Perinatal Mental Health** describes how you are feeling around the time of having a baby.

The perinatal period is from conception, throughout pregnancy and up to two years after having a baby. Perinatal mental ill health can affect both women and men and can occur at different stages during this period. Some perinatal mental health challenges are: Prenatal anxiety or depression, baby blues, postnatal depression.

# Derbyshire Family Health Service



Derbyshire Family Health Service -  
Parent and Carer Mental Health

Offering information,  
support and advice across  
the whole 0-19 pathway





**PANDAS - Postnatal Depression Awareness  
and Support**

**Helpline: 0808 1961 776**

**WhatsApp: 07903 508334**

**Email: [supportme@pandasfoundation.org.uk](mailto:supportme@pandasfoundation.org.uk)**

**Also offers support groups, advice, information  
and more.**





**Association for Post Natal Illness -  
Postnatal support**

**Information on PNI, support guides,  
resources and support service via  
phone or webchat.**





**cry-sis<sup>®</sup>**

**Cry-sis - families with excessively crying, sleepless & demanding babies**

**Helpline: 0800 448 0737**

**Information, coping strategies  
and support tips**





## Action on Postpartum Psychosis - Support for women on Postpartum Psychosis

### Information and details on:

- Crisis support
- Mother and baby units
- Dads & Co-parent support
- Peer support

**Additional information on campaigns, resources, support**





## **Derbyshire Community Mental Health Support Map**

**Location and information for a  
range of local community support  
groups including specific perinatal,  
mums and dad groups.**







**Derbyshire Healthcare**  
NHS Foundation Trust



## Perinatal Mother and Baby Service

- **Community Support**
- **Perinatal Self-referral**
- **In-patient unit**

**Can offer support/ assessment from  
12 weeks of pregnancy onwards**





## Baby Buddy: Pregnancy & Parent

- **Daily updates**
  - **Support information**
  - **Support services**
  - **Parenting videos**
  - **Pregnancy and maternity support**
- Available on Apple & Android**



# Dad Pad<sup>®</sup>

## Original Dadpad App

- Local support info
- Tips for new dads
- Q&A
- Guides and advice

Available on Apple & Android



# Additional information

Derbyshire Citizens Advice services offer advice over the phone or face-to-face. Tel: 0808 278 7954.

Derbyshire Law Centre can help you with legal issues including debt and housing.

The Money Advice Service has a range of information about money and debt, a web chat service and helpline, Tel: 0800 138 7777 (calls are free).

For a digital toolkit with resources, podcasts and social media assets visit [www.bit.ly/Bumpintheroad](http://www.bit.ly/Bumpintheroad)

**For additional support and information:  
<https://bit.ly/DCCMHSPTeam>**

**Keep in touch with your GP, Health Visitor & Midwife;  
it's important that you talk about how you are feeling,  
they really can help and support you**



**@DCCMHSP**

