

# Perinatal Mental Health Services

Useful information

Brilliant care through brilliant people

Review May 2023 KM1562



## PATH – Pathways to Improving Mental Health

The PATH (Perinatal mental Health) project aims to enable women, people, families and healthcare professionals to prevent, recognise and successfully manage mild/moderate perinatal mental illness.

<https://path-perinatal.eu/uk>

**Interreg**   
**2 Seas Mers Zeeën**  
**PATH**  
European Regional Development Fund



## Perinatal Mental Health Community Service

Assessment, diagnosis and short-term treatment of those affected by a moderate to severe perinatal mental health illness in the preconception, antenatal and postnatal period.

Self-referral or by healthcare staff.  
Monday to Friday 9am to 5pm.

**Tel: 01622 722321**

[www.kmpt.nhs.uk/pmhcs](http://www.kmpt.nhs.uk/pmhcs)  
Email: [kmpt.pmhcs@nhs.net](mailto:kmpt.pmhcs@nhs.net)



## Thrive – Psychological Support for Birth Trauma and Perinatal Loss

Assessment and psychological treatment for moderate/severe mental health difficulties/psychological trauma as a result of or triggered by birth trauma or perinatal loss. Referral by health or social care staff. Monday to Friday 9am to 5pm.

**Tel: 01227 768928**

[www.kmpt.nhs.uk/thrive](http://www.kmpt.nhs.uk/thrive)  
Email: [kmpt.thrivemhsupport@nhs.net](mailto:kmpt.thrivemhsupport@nhs.net)



## Rosewood Mother and Baby Unit

Inpatient 8 bedded unit in Dartford for the treatment of antenatal and postnatal mental illnesses.

Referrals can be made by health and social care professionals via 'WebBed' referral form.

**Tel: 01322 622101**

[www.kmpt.nhs.uk/mbu](http://www.kmpt.nhs.uk/mbu)  
Email: [kmpt.mbu@nhs.net](mailto:kmpt.mbu@nhs.net)



## Kent and Medway Urgent Mental Health Helpline

Those not currently receiving care or treatment from KMPT - for those concerned about their mental health, or the mental health of a friend or relative, and need urgent help, 24 hours a day, 7 days a week.

**Tel: 0800 783 9111**

[www.kmpt.nhs.uk/kent-and-medway-urgent-mental-health-helpline](http://www.kmpt.nhs.uk/kent-and-medway-urgent-mental-health-helpline)

## **Perinatal Mental Health**

### **Community Service (PMHCS):**

Poppy House, 20-22 Oakapple Lane,  
Maidstone, Kent ME16 9NW  
01622 722321

Eastern and Coastal Area Offices,  
Littlebourne Road, Canterbury, Kent CT1  
1AZ  
01227 768928

Elizabeth Raybould Centre, Bow Arrow  
Lane, Dartford, Kent DA2 6PB  
01622 722321

Referrals should be sent via  
kmpt.pmhcs@nhs.net

### **Useful contacts**

**CANParent:** classes and advice network  
www.parentinguk.org/canparent

**CGL:** West Kent drug and alcohol wellbeing  
- www.changegrowlive.org  
01622 690864

**Dad AF App:** www.dadaf.co.uk

**Making Miracles:** trauma and  
bereavement care.  
www.makingmiracles.org.uk

**Family Lives:** parenting and family support  
- www.familylives.org.uk - 0808 800 2222

**Insight Healthcare:** free NHS talking  
therapy service - www.insighthealthcare.org  
0300 555 5555 (North and East Kent)  
0300 029 3000 (Medway)

**Kent Advocacy:**  
www.kentadvocacy.org.uk  
0300 343 5714

**Kent Sheds:** which offers a programme  
of support to men with mental health  
problems or social isolation.  
www.kent.gov.uk/kentsheds

**Live Well Kent and Medway:**  
free mental health support.  
www.livewellkent.org.uk.  
0800 567 7699

**Maternal OCD:** www.maternalocd.org

**Mental Health Matters:**  
www.mentalhealthmatters.com  
0800 107 0160

**MIND:** help for mental health problems.  
www.mind.org.uk  
0300 123 3393 / text 86463

**National Childbirth Trust:**  
the UK's largest charity for parents  
www.nct.org.uk, 0300 330 0700

**Netmums:** parenting advice  
and information. www.netmums.com

**No Panic:** helping to break  
the chains of anxiety disorders  
www.nopanic.org.uk, 0844 967 4848

**PANDAS:** pre and post natal  
depression advice and support  
www.pandasfoundation.org.uk  
0843 289 8401

**Relate:** the relationship people  
www.relate.org.uk, 0300 100 1234

**Rethink:** working to create better lives for

people affected by mental health www.  
rethink.org, 0121 522 7007

**Rubicon Cares:** counselling  
for victims of serious crimes.  
www.rubiconcares.org, 01622 230736

**Samaritans:** www.samaritans.org  
116 123

**We Are With You:** free, confidential  
talking therapies.  
www.wearewithyou.org.uk  
0300 012 0012

**Women's Aid:** domestic abuse support.  
www.womensaid.org.uk  
0808 200 0247

**Vitaminds:** talking therapy provider  
www.vitalhealthgroup.co.uk  
0330 0153 495

### **Anxiety or panic attack resources**

**Better Health - Every Mind Matters:**  
offers a personalised action plan for  
managing stress, anxiety and sleeplessness.  
www.nhs.uk/every-mind-matters

**How to Stop Worrying:** Frank Tallis

**Overcoming Anxiety:** Helen Kennerley

**Overcoming Panic:** Derrick Silove and  
Vijaya Manicavasagar

### **Parenting resources**

**Baby Buddy app:** free app for parents and  
parents-to-be. Available on Google Play and  
the App Store or visit:  
www.bestbeginnings.org.uk/baby-  
buddy-online

**MindEd:** online advice and support you can  
trust - www.minded.org.uk/families

**Mindful Motherhood:**  
Cassandra Vieten

**Three Shoes, One Sock and No  
Hairbrush:** Everything you need to know  
about having your second child, Rebecca  
Abrams

**Understanding Your Baby:**  
Sophie Boswell

**Why Love Matters:** how affection shapes  
a baby's brain, Sue Gerhardt

### **Suggested reading and resources for mood disorders**

**Eyes without sparkle:** a journey through  
postnatal illness, Elaine Hanzak

**Mind over mood:** Change how you feel  
by changing the way you think, Dennis  
Greenberger

**Overcoming depression and low mood:**  
A five areas approach, Chris Williams

**Overcoming mood swings:** Jan Scott

**A cheerful book about depression:**  
Gwyneth Lewis

**The feeling good handbook:**  
David D. Burns

**Mental Health and Wellbeing Hub:**  
Help and support if you are feeling low in  
mood. www.kentandmedwayccg.nhs.uk/  
mental-wellbeing-information-hub

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