

Useful Contacts

Specialist Midwives

medwayft.mentalhealthmidwives@nhs.net

Need to talk about your mental wellbeing?

01634 825114

07825781625

lapt - Improving access to psychological therapies

Call the Midwife

01634 825277

Medway

Tel: 0300 029 3000 (local rate)

Fax: 0300 029 0000

www.insighthealthcare.org

Delivery Suite

01634 825278

Swale

Thinkaction on 0300 012 0012

kca.westkent@nhs.net

Single point of access

0300 222 0123

The Samaritans:

24 hour help line:

08457 90 90 90 (Uk)

Post-natal illness

Www.pni.org.uk



Medway NHS Foundation Trust
is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Antenatal and Postnatal Mental Health



Maternity Department
Medway NHS Foundation Trust
Windmill Road
Gillingham
Kent ME7 5NY
01634 830000



www.medway.nhs.uk

PIL00001867

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Specialist Midwives

The Specialist Midwives for Antenatal and Postnatal Mental health can provide advice and support to women, midwives and doctors throughout the antenatal and the postnatal period.

They are able refer you to more specialist secondary mental health services, such as Community Mental health or Mother and Infant Mental Health Service (MIMHS) if this is appropriate. They will also advise you of primary care services available to you in the local area, such as Medway Talking therapies and Think action.

Community Midwives

Can support and signpost women to primary services such as GP's, Counselling services and support groups.

Antenatal support

Women who are experiencing depression, anxiety or birth trauma can be offered further support with birth preferences, de-brief, plans of care or extended support in community for up to 28 days post delivery.

Pregnancy Anxiety Group (PRANX)

Women who are under 30 weeks gestation and experience anxiety can attend this group which runs weekly for 8 weeks (see our PRANX leaflet).

The key principles of the PRANX group are:

- .. Learning skills to manage anxiety is possible
- .. Understanding how anxiety works helps to manage it
- .. Anxiety has a significant effect on pregnancy
- .. Women sharing their experiences can be supportive of each other

This group currently runs twice per year.
Women must attend all 8 sessions to be beneficial for management of anxiety.

Other services

We can arrange for women to meet the specialist teams who may be involved in their care such as:

- ◆ Mental health joint clinic
- ◆ Team Maia Induction Team
- ◆ Team Aurelia Elective CS Team
- ◆ Team Levana Kent ward SBCU Mums
- ◆ Neonatal unit
- ◆ Windmill Clinic for substance abuse

Obstetric led care

For some women it is important to be under the care of an Obstetrician during pregnancy.

If this is recommended you will be referred to the lead Consultant Obstetrician for mental health.

The Antenatal clinic for this pathway is held on Tuesday afternoon at Medway Hospital.

The specialist Midwives will also be available to support and advise you at this clinic. Along with a Perinatal Mental Health Nurse Specialist, who you may also be referred to for an appointment.