

# Perinatal and Postnatal Resource Sheet

# Monkseaton Medical Centre & Bridge Medical

## Services

### Mind

Offers a range of information on their website for self-help, video links and useful contacts. This includes:

- Post and antenatal depression
- Perinatal anxiety
- PTSD and birth trauma
- Postpartum psychosis
- Maternal mental health

& more. The website offers support and services via <https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems/>

### Perinatal Community Mental Health Team

If it is decided that the Perinatal community mental health team is the best source of support for you they will allocate you a care coordinator. They will offer you appointments and assess your individual needs and create a care plan for support. If you feel this is the best service for you, please contact the practice as you will need to be referred. For more info visit: [Perinatal Community Mental Health Team - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](https://www.nhs.uk/healthcareprofessionals/perinatal-community-mental-health-team-cumbria-northumberland-tyne-and-wear-nhs-foundation-trust/) ([cntw.nhs.uk](http://cntw.nhs.uk))

### Children's Public Health 0-19

<https://my.northtyneside.gov.uk/category/1231/childrens-public-health-service-0-19>

There are a range of website links and information for new parents on the above link, this can help you find services in your area for anything you may need support with.

## Websites

### Netmums

Really useful website with lots of information for new parents, including a section on postnatal depression and online forums.

[www.netmums.com](http://www.netmums.com)

### PND and me

aims to connect, support and empower those affected by perinatal mental illness

[www.pndandme.cp.uk](http://www.pndandme.cp.uk)

### Moodgym

An interactive self-help book which helps you to learn and practice skills which can help to prevent and manage anxiety and depression.

[www.moodgym.com.au](http://www.moodgym.com.au)

### NHS- Self Help Guides

Follow this link for NHS self help guides for mother's who feel they may be suffering with their mental health. [Postnatal Depression.pdf \(ntw.nhs.uk\)](https://www.nhs.uk/self-help-guides/postnatal-depression/)

## Downloads

[www.franticworld.com](http://www.franticworld.com) – free meditation and mindfulness

[www.freemindfulness.org](http://www.freemindfulness.org) free to download meditations

[www.cntw.nhs.uk/relaxation](http://www.cntw.nhs.uk/relaxation) free relaxation

[www.headspace.com](http://www.headspace.com) free taster of mindfulness with option to buy further

## Further support

### Association for Post Natal Illness (APNI)

For women who are experiencing depression following the birth of their baby.

TEL: 02073860868

Email: [info@apni.org](mailto:info@apni.org) [www.apni.org](http://www.apni.org)

### National Childbirth Trust (NCT)

Provides advice, support and counselling on all aspects of childbirth and early parenthood.

TEL: 03003300700 [www.nct.org.uk](http://www.nct.org.uk)

### PANDAS foundation UK

information and support for anyone experiencing a mental health problem during or after pregnancy

TEL: 08081961776

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

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

### The Breastfeeding Network

Information on breastfeeding and mental health.

TEL: 03001000210

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### Family Lives

offers support for parents for a whole range of family issues from pregnancy onwards.

<https://www.familylives.org.uk/>

Helpline: 08088002222

### Best Start Peer Support Groups

Free sessions each week for parents of babies and young children

Wednesday – Whitley bay big local, 12.30-2.30pm

Friday- Hello World, Royal Quays outlet 10am-12pm

These sessions focus on safe sleep, breastfeeding, coping with crying, mental health and responsive parenting.