


# Derbyshire Healthcare Perinatal Services

Struggling with your mental health in pregnancy or as a new Mum?

You are not alone, 1 in 5 mothers experience the same.



Obsessive behaviours

Feeling Low

I'm not good enough

Feeling Anxious?

Difficult Birth

I cannot cope

Not feeling connected to your baby?

Experiencing paranoid or suspicious thoughts?

Unwanted/ Invasive Thoughts?

If you have a GP in Derbyshire, you can self-refer to the perinatal service

A referral to Perinatal Mental Health Services can be the first step towards getting help and working towards enjoying life with your baby.

Our Community Perinatal Mental Health Team can offer you an assessment and tell you about the help you can access from the 12th week of your pregnancy, up until your baby is two years old.

Please contact us to make a self-referral for an assessment:

Tel: 01332 623911 or Email: [dhcft.perinatalcmht@nhs.net](mailto:dhcft.perinatalcmht@nhs.net)