

Who the service is for



We provide assessment and treatment for women experiencing major mental illness associated with childbirth as well as support to care for their babies. These include:

- puerperal psychosis
- exacerbation of existing psychotic illness
- severe mood disorder where there is a risk to self and/or others.



Women may be admitted informally or under Section of the Mental Health Act. The babies may or may not be under a Local Authority care order.

Referrals



A mother and baby may be referred by any clinician within an appropriate team including primary care, secondary mental health services or obstetric and paediatric services either initially by telephone or fax. The faxed completed referral form should be accompanied by copies of a recent CPA, risk assessment, and social services documentation. If deemed clinically suitable, funding of the admission must first be agreed with the local PCT although out of hours admissions may still be considered. These emergency referrals will be processed more quickly if all relevant background information is supplied at the outset.



If a referral cannot be accepted for any reason, a senior member of the team who was involved in that decision will offer support and advice to the referrer in order to help find a suitable placement for mother and baby.

We can also offer telephone consultations for issues related to perinatal mental health.

What we offer



The unit aims to provide assessment and treatment in a safe and caring environment. We emphasise personally relevant goals, instilling hope and working towards reintegration into the community through local health and social care professionals.

Although there is 24-hour nursing care, mothers are encouraged to spend as much time as possible with their babies in order to encourage bonding; we support and help mothers to breastfeed their infants.

Daily therapeutic programmes in the form of discussion groups are offered; additionally mothers have access to Occupational Therapy, Clinical Psychology, Family/Couple Therapy and Psychotherapy and Physiotherapy.



We encourage patients to go out on escorted walks, go shopping, cook, and participate in the various group activities. These include mother and baby massage and relaxation, and parenting skills.

The unit, which is bright and welcoming, comprises single rooms each containing a cot. There is a dedicated milk kitchen, spacious day facilities, a secure garden and safe landscaped grounds. The unit is open for daily visiting.





Who we are

The Perinatal unit is a six-bed in-patient unit for mothers and their babies up to 12 months who experience mental illness associated with childbirth.

The multidisciplinary team includes consultant psychiatrist Dr Andy Kent, a consultant psychologist, liaison health visitor, occupational therapist, lead nurse, mental health nurses, nursery nurses, community workers and a specialist pharmacist.

Contact details

Perinatal Unit
Springfield University Hospital
Glenburnie Road
London SW17 7DJ

Tel: 020 8682 6266
Fax: 020 8682 6165

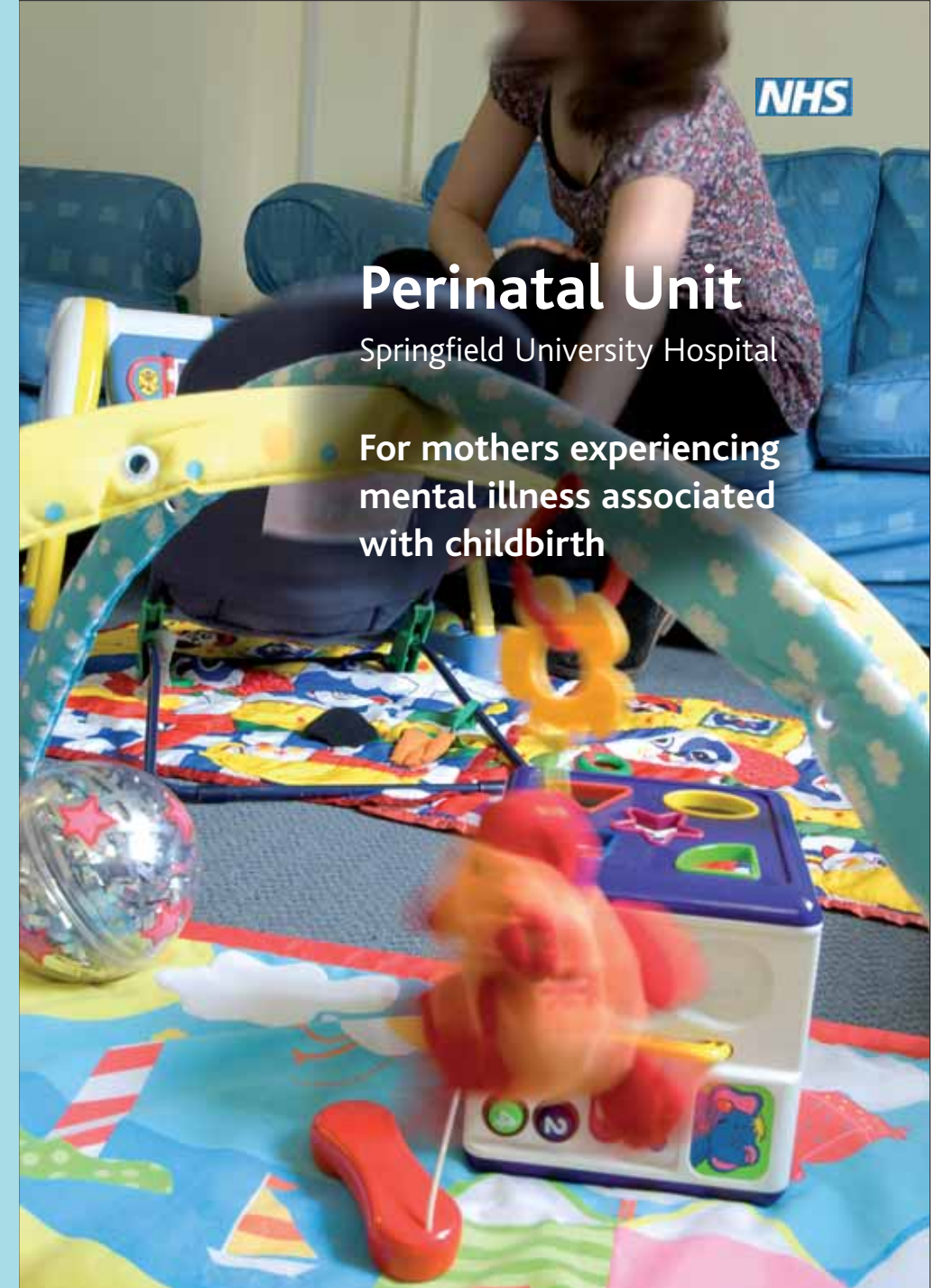


How to find us

The nearest tube station is Tooting Bec (Northern Line) a 12-15 minute walk. Bus G1 serves Springfield Hospital itself. On nearby Trinity Road there are buses 219 and 319. On Upper Tooting Road there are buses 57, 155, 219 and 355. On Tooting Bec Road there are buses 249 and 319.



South West London and St George's **NHS**
Mental Health NHS Trust



Perinatal Unit

Springfield University Hospital

For mothers experiencing
mental illness associated
with childbirth