Perinatal mental health service
Southern Health NHS Trust

The Winchester Mother and Baby unit
Nationally commissioned unit
Accredited by the RCPsych Perinatal Quality Network
Quality Network for Perinatal Mental Health Services
Winchester Mother and Baby Unit
Review Summary
March 2016
Editor: Nuala Flewett
What’s it like?

There are 10 beds
8 rooms are en-suite
2 are large enough to take twins or multiples
1 has an adapted bathroom suitable for women with physical disabilities
Who do we admit?

Pregnant women from 24 weeks gestation

Postnatal women with their babies up to one year postnatal

Both of the above need to have a severe mental illness which warrants an acute psychiatric admission
Exclusion Criteria

We do not admit where the need for admission is mainly due to eating disorder or substance misuse.

We do not admit if there is a clear plan from social services for removing baby.

We do not admit purely for parenting assessments.
What do we do?

• Keep mother and baby together
• Treat mum’s mental health problem-
  • with medication,
  • with therapy for her,
  • with therapy for her and baby
  • with practical parenting support
  • with peer support
What we need from Referrers

Clear admission objectives
Honest, most recent risk assessment and risk history
Allocation of Care Co-ordinator as soon as possible after admission if not already in place and certainly by first CPA.
Attendance at CPAs-teleconference is fine but we need you there!
S. Gerhardt

‘The mother and baby system is a delicate one, and can easily be derailed by lack of inner or outer resources. Fortunately it can often be put back on track with the right help at the right moment’