Perinatal Community Service (Croydon)

Specialist service for mother and infant mental health
Who Are We?

The Croydon Perinatal Community Service helps women who have mental health difficulties during pregnancy and after the baby is born. These include depression, anxiety or disturbing thoughts and can sometimes affect the mother and baby relationship.

Your GP may suggest medication or refer you to a counsellor but you may have further difficulties. If medication or counselling is not working for you, your GP, health visitor or midwife can refer you to us. Our team has nurses, psychiatrists, a psychologist, a GP trainee, an administrator and students. We also work with midwifery services and health visitors.
What to expect

Your GP, health visitor, midwife or social worker can refer you to us. We also take referrals from other mental health services and from the Bethlem Royal Hospital.

You can be referred before or after your baby is born and we may carry on seeing you until your baby is up to a year old.

When we get a referral we'll contact you to arrange your first appointment, either at the Tamworth Road Resource Centre or at your home. We'll look at difficulties you are having now, as well as what has happened to you in the past.

This first appointment will take up to an hour and this will give us some ideas about how we may be able to help you. We will then talk to you and your GP about what to do next.
What do we offer?

We look at the mother and baby relationship and how mental health can impact on both of you. We offer:

- pre-birth planning
- pre-conception and pregnancy advice
- psychological therapy eg cognitive behaviour therapy (CBT)
- monitoring of your ongoing health needs
- advice on medication
- advice to others involved in your care such as family, carers and other professionals
- signposting to other voluntary/support services
- help with your journey to recovery over your baby’s first year of life.
Feedback

“We are so grateful for lending us your support. If you had not brought me to the mother and baby unit that Friday, I probably wouldn't be here today. You have saved my life and my baby.”

“I can't thank you enough for your support, understanding and encouragement over the last ten months. You have been an absolute star and I'll miss seeing you.”

“We are ever so thankful for the incredible support you have given us. You have been to extra miles so we can move on with our lives - not many people can do this and from the depth of our hearts we say thank you.”
Contact us
Telephone: 020 3228 0304
Address:
Tamworth road Resource Centre
37 Tamworth Road
Croydon
Surrey
CR0 1XT

Opening hours
Monday to Friday (except Bank Holidays)
9am to 5pm
Getting here

Tamworth Road Resource Centre is located at the rear of the Centrale Shopping Centre. Wheelchair/Pushchair access to the ground floor.

Tram: Centrale Tram Stop

Buses: To Tamworth Road: 264, 407, 410, 455.

To West Croydon Station: 157, 60, 64, 109, 198. 250, 289 (walk down towards Centrale Tram Stop).

Trains: West Croydon Station is 5 minutes walk, East Croydon Station is 15 minutes walk.

By Car: Disabled parking only on site. The Centrale Shopping Centre is the nearest pay and display car park.
Options available
If you’d like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Useful contact details
SLaM Switchboard: 020 3228 6000
SLaM 24hr Information Line - Advice on how to access SLaM Services: 0800 731 2864
Contact our Patient Advice and Liaison Service (PALS) for help, advice and information:
T: 0800 731 2864
W: www.pals.slam.nhs.uk
E: pals@slam.nhs.uk

Complaints
If you are not happy about something but not sure if you want to make a formal complaint you can speak to a member of staff directly. Alternatively you can contact the PALS Office on freephone 0800 731 2864. If you decide you want to make a formal complaint this can be done by contacting the Complaints Department:
Complaints Department, Maudsley Hospital, Denmark Hill, London SE5 8AZ
T: (020) 3228 2444/2499
E: complaints@slam.nhs.uk
W: www.slam.nhs.uk

www.tfl.gov.uk/journeyplanner
For the quickest way to plan your journey anywhere in greater London use journey planner:
020 7222 1234 (24hrs)