

Specialist Perinatal Mental Health Service



**THE
ROTUNDA
HOSPITAL**
DUBLIN



HSE NATIONAL PROGRAMME

Specialist Perinatal

MENTAL HEALTH SERVICES

The Rotunda Specialist Perinatal Mental Health Service (SPMHS) Team

- **Our Team Consists of :**

Consultant Perinatal Psychiatrists

Psychiatry Registrar

Clinical Psychologist

Advance Midwife Practitioner

Clinical Midwife Specialist

Clinical Nurse Specialists,

Social Worker

Occupational Therapist

Administrators



The Rotunda Specialist Perinatal Mental Health Service (SPMHS)

- **Where we are :**

Hampson House
5th Floor
North Earl Street,
Dublin 1.
D01 T6W2

- **How to Contact us :**

Monday – Friday: 08:00 – 16:00
Tel: 01-8172541
Email (referrals and queries):
spmhs@rotunda.ie

Useful Resources

<https://rotunda.ie/mental-health/>



Rotunda SPMHS

We work with women with Mental Health illness during pregnancy and after birth.

- Mental health difficulties in the perinatal period are common.
 - Up to 1 in 5 women will experience a mental health problem during this time.
- Not everyone with a mental health problem will need our service.
- A general counselling service is not provided
- **Attend your GP for assessment**
 - GPs and local community services offer good care
 - A referral to our service is made if indicated.
- **Referral is required to our service.**
 - Unfortunately we do not accept self referrals.



Real Talk
with
Real Mums



SPMHS Groups

Emotional wellbeing in the Perinatal Period

- Once off online class for women in pregnancy and after birth
- Learn skills for improving your mental health
- You can self refer by emailing spmhs@rotunda.ie

Me to Mum Group

- 6-week (blended) program for women in pregnancy
- Prepare for the changes and challenges of becoming a mum
- Referral through SPMHS. Can not self refer

Birth Empowerment Programme (4 week) Rot & online

- 4 week (blended) program for women in pregnancy
- For women with high fears related to birth
- Can self refer by emailing spmhs@rotunda.ie



Real Talk
with
Real Mums



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Mid West ARIES
in partnership with
Specialist Perinatal Mental Health
Mid West Community Healthcare



AUDIOBOOK

My Perinatal Self Care Workbook

LISTEN NOW
OR DOWNLOAD

24/7

Laptop, Tablet
or Mobile

Are you pregnant or had a baby in the last year?
Are you finding it challenging sometimes to self care?
Then this audiobook is for you!

** Audiobook version of "My Perinatal Self Care Workbook".
Listen or download in full to your device or choose to listen chapter by chapter.

Listen & Build Your Own Personalised Self Care Toolkit



01 Physical Wellness

- Taking Care of Your BODY

02 Emotional Wellness

- Taking Care of Your MIND

03 Social Wellness

- Taking Care of Your RELATIONSHIPS

04 Intellectual Wellness

- Taking Care of Your BRAIN



WANT TO START LISTENING NOW?

Scan the QR Code or go to:

<https://tinyurl.com/Perinatal-Self-Care-Audiobook>

A Mid West Community Healthcare Mental Health Initiative
Mid West ARIES in Partnership with
Specialist Perinatal Mental Health Team, LMH.

Contact SPMHT: Pauline Walsh
ANP Perinatal Mental Health
Email: pauline.walsh1@hse.ie

Course Contact: Margaret Keane,
Mid West ARIES
Email: margaret.keane@hse.ie



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Administration Hours

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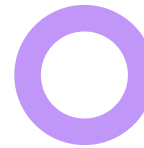
Check out our **website** for
more information and resources
(including videos and recordings):

<https://rotunda.ie/mental-health/>



Useful Telephone Numbers/ Emails

- Mental health Queries/ concerns :
Call: Main Hospital 01-817 1700
(ask for Emergency Room)
- Perinatal Mental Health Services
-Call 01-8172541
-Email: spmhs@rotunda.ie
- <https://rotunda.ie/mental-health/>
-Videos & Recordings



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Thankyou!

- Have a great day 😊

