

News Release

22 December 2017

Birthday celebrations for specialist antenatal clinic

Dorset County Hospital has celebrated the first birthday of its specialist clinic to support the mental health needs of mums-to-be.

The Perinatal Mental Health Antenatal Clinic enables women who require support to see the right professionals through their pregnancy, and then plan postnatal care. The team includes a consultant perinatal psychiatrist and obstetrician, mental health practitioners and specialist midwives.

The clinic works closely with West Dorset PANDAS, a local support group for mums affected by anxiety and depression in pregnancy or after their baby is born, who tell mums 'it's ok not to be ok'.

Audrey Ryan, Consultant Obstetrician and Gynaecologist said: "We know that in pregnancy the mind changes as well as the body. For some women this can mean that whilst they may be really looking forward to their new baby, they are also struggling with their mental health.

"Society expects us all to be 'blooming', but providing good mental health care in pregnancy is important because mental health doesn't automatically improve when a baby is on the way.

"We were thrilled that Munchkins Play Café in Dorchester gave us the use of their Party Space upstairs to celebrate. We invited mums who have used the service and one said 'it made such a difference'."

ENDS

PHOTO: The clinic team celebrate the first birthday of the Perinatal Mental Health Antenatal Clinic

For more information please contact the DCH Communications Team on 01305 254683 or communications@dchft.nhs.uk