



Perinatal Mental Health Champion Training

The introduction of the Perinatal Mental Health Champion is designed to build advocacy for Perinatal Mental Health amongst the maternity workforce, to develop an understanding of the evidence around Perinatal Mental Health and equip the Champions with the knowledge and resources to signpost appropriately.

The training to become a Perinatal Mental Health Champion will span one whole day and will cover the following topic areas:

- Why mental health matters
- Severe mental ill health
- Postpartum Psychosis
- CPTSD
- Childbearing, Mental Illness and Infant Mental Health
- Pathways, Signposting and PPS Tool

The following dates are available for 2023 and will be held via Teams, 9am-5pm:

- Thursday 18th May 2023
- Thursday 21st September 2023

The training will be in your own time, unless otherwise agreed by your line manager.

If you would like further information on this training day or would like to book please contact Sara Clark via maternityperinatalmentalhealth@uhs.nhs.uk