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| **North East London** |
| 1. Barking & Dagenham, Havering, Redbridge and Waltham Forest   Perinatal parent infant mental health service (PPIMHS)  0300 555 1119  <https://www.nelft.nhs.uk/services-bdhvrbwf-ppimhs>   1. City & Hackney   ELFT Perinatal services (City and Hackney)  020 8510 8151  <https://www.elft.nhs.uk/services/perinatal-service-city-hackney>   1. Newham   ELFT Perinatal services (Newham)  020 7363 8801  <https://www.elft.nhs.uk/services/perinatal-mental-health-team-newham>   1. Tower Hamlets   ELFT Perinatal services (Tower Hamlets)  0208 1215425  <https://www.elft.nhs.uk/services/perinatal-service-tower-hamlets> |
| North Central London |
| 1. Barnet   North London Partners Specialist Perinatal Mental Health Service (SPMHS)  020 3317 7001  <https://www.candi.nhs.uk/our-services/north-london-partners-specialist-perinatal-mental-health-service>   1. Camden   North London Partners Specialist Perinatal Mental Health Service (SPMHS)  020 3317 7114  <https://www.candi.nhs.uk/our-services/north-london-partners-specialist-perinatal-mental-health-service>   1. Enfield   North London Partners Specialist Perinatal Mental Health Service (SPMHS)  020 3317 7198  <https://www.candi.nhs.uk/our-services/north-london-partners-specialist-perinatal-mental-health-service>   1. Haringey   North London Partners Specialist Perinatal Mental Health Service (SPMHS)  020 3317 7198  <https://www.candi.nhs.uk/our-services/north-london-partners-specialist-perinatal-mental-health-service>   1. Islington   North London Partners Specialist Perinatal Mental Health Service (SPMHS)  020 3317 7114  <https://www.candi.nhs.uk/our-services/north-london-partners-specialist-perinatal-mental-health-service> |
| North West London |
| 1. Westminster   St Mary's Hospital: Westminster Perinatal Mental Health Service  0203 312 1582  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/st-marys-hospital-westminster-perinatal-mental-health-service>   1. Harrow   St Mary's Hospital: Westminster Perinatal Mental Health Service  020 8869 2308  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/northwick-park-hospital-brent-and-harrow-perinatal-mental-health-service>   1. Hillingdon   St Mary's Hospital: Westminster Perinatal Mental Health Service  018 9548 5187  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/hillingdon-hospital/perinatal-mental-health-service>   1. Brent   St Mary's Hospital: Westminster Perinatal Mental Health Service  020 8869 2308  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/northwick-park-hospital-brent-and-harrow-perinatal-mental-health-service>   1. Kensington & Chelsea   St Mary's Hospital: Westminster Perinatal Mental Health Service  0203 315 8646  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/kensington-and-chelsea-perinatal-service>   1. Ealing   West London Perinatal mental health service  020 8354 8180  <https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/perinatal-mental-health>   1. Hammersmith and Fulham   West London Perinatal mental health service  020 3313 3033  <https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/perinatal-mental-health>   1. Hounslow   West London Perinatal mental health service  020 8483 1525  <https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/perinatal-mental-health> |
| South East London |
| 1. Bexley, Bromley and Greenwich   Bexley, Bromley and Greenwich Specialist Perinatal Mental Health Service  020 3961 3613  <http://oxleas.nhs.uk/services/service/perinatal-mental-health-servic/?q=perinatal>   1. Lambeth   Lambeth Perinatal Mental Health Team  020 7188 6011  <https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/>   1. Lewisham   Lewisham Perinatal Mental Health Team  020 3228 9354/020 3228 9358  <https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/>   1. Southwark   Southwark Perinatal Mental Health Team  020 3299 3234  <https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/> |
| South West London |
| 1. Croydon   Croydon Perinatal Mental Health Team  020 3228 0304  <https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/>   1. Kingston, Merton, Richmond, Sutton and Wandsworth   South West London and St. George's Perinatal Mental Health Service  020 3513 6577  <https://www.swlstg.nhs.uk/our-services/specialist-services/perinatal-outpatient-unit> |