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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 Service0203 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 Service020 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 Service018 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 Service020 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 Service0203 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 Service020 3961 3613<http://oxleas.nhs.uk/services/service/perinatal-mental-health-servic/?q=perinatal>1. Lambeth

Lambeth Perinatal Mental Health Team020 7188 6011<https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/>1. Lewisham

Lewisham Perinatal Mental Health Team020 3228 9354/020 3228 9358<https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/>1. Southwark

Southwark Perinatal Mental Health Team020 3299 3234<https://www.slam.nhs.uk/national-services/adult-services/perinatal-service/> |
| South West London |
| 1. Croydon

Croydon Perinatal Mental Health Team020 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 Service020 3513 6577<https://www.swlstg.nhs.uk/our-services/specialist-services/perinatal-outpatient-unit> |