



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Action on Postpartum Psychosis Peer Support

Action on Postpartum Psychosis (APP) are the national charity for women and families affected by Postpartum Psychosis (PP).

PP is a severe mental illness which begins suddenly following childbirth. Symptoms include hallucinations and delusions, often with mania, depression or confusion. Over 1,400 women experience PP each year in the UK (1 to 2 in every 1000 mothers). An episode of PP can be very frightening for women and their families. Most women go on to make a full recovery, however the journey to full recovery can be long and difficult.

We run an award-winning [peer support service](#), connecting women and families throughout the UK to recovered volunteers, via: an online peer support forum; one to one email support; meeting a volunteer programme (Skype and in person); social groups and creative workshops.

We have a group for women who have recovered, or are recovering, from PP, that meet regularly in Sussex. It is an informal social group, and they meet in a café, usually in Worthing. It is facilitated by three of our trained volunteer peer supporters.

We have developed [patient information](#) for women who have experienced PP and their families, co-produced by women, families, specialist clinicians and leading academic experts.

We offer [training](#) to frontline health professionals in PP and Managing Severe mental Illness in pregnancy, co-produced and co-delivered by academics, clinicians and women with lived experience.

We facilitate [research](#) into the causes of PP, treatments and what helps families to recover.

Our aim is to promote greater [public awareness](#) of PP to the general public, work to

address stigma and misinformation, and campaign for improved perinatal mental health services.

The insight Healthwatch West Sussex hear from each person is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people.

This insight is used to influence services development and can feed into:

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

To learn more about the work of Action on Postpartum Psychosis Peer Support do contact:

Email: app@app-network.org

Webpage: www.app-network.org



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,

Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk