

Guidance for Local Clinical Commissioning Groups, Health Boards and Social Care Professionals

In your Locality, either during pregnancy or within the first year following childbirth **1 in 10 women** will suffer from a perinatal mental illness.

Meeting the needs in your Locality, is not only crucial for women, it can also ensure improvement in:

1. Parenting and infant mental health outcomes
2. Relationships with and mental health outcomes for fathers, partners and significant others
3. Long-term emotional and mental health development of children, and into adulthood

A Checklist for your Locality's Needs:

| | | YES | NO |
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| 1 | Have the numbers of women needing care / treatment been calculated based on the most up-to-date birth rate for your locality & the above statistics? | | |
| 2 | Is there a specialist perinatal mental health service including a funded consultant perinatal psychiatrist and access to psychological therapy; providing direct services, consultation & advice to maternity services, other mental health services & community services? | | |
| 3 | Do health and social care professionals (including Crisis and Home Treatment teams) ensure women needing inpatient care are referred to a designated specialist psychiatric inpatient Mother and Baby unit? | | |
| 4 | Does your specialist perinatal mental health service provide advice to health & social care professionals (and women themselves) on risks and benefits of psychotropic medication during pregnancy and breastfeeding? | | |
| 5 | Are there clear pathways of care, referral and management protocols for women with perinatal mental illness? Do these take into account that 7 out of 10 women will hide their illness /severity? | | |
| 6 | Do all relevant health & social care professionals, including midwives, GPs and health visitors, access regular training in perinatal mental illness & specialist perinatal mental health care? Does this training involve hearing first-hand experience from service users? | | |
| 7 | Is information readily available for women and their partners, and is this routinely discussed in appropriate contacts with health and children's services? Are teenagers, including those leaving the care system, and women with a pre-existing bi-polar disorder included in information dissemination? Is information available in all languages? | | |
| 8 | Is your locality part of a regional perinatal clinical network (covering a population of 25-50k live births a year), managed by a coordinating board of commissioners, health care professionals, managers, service users and carers? | | |

For further information and advice, please visit: www.everyonesbusiness.org.uk

¹Sources for Guidance and Statistics: *National Institute for Health & Clinical Excellence, 2007; Joint Commissioning Panel for Mental Health – Guidance for commissioners of perinatal mental health services, 2012; NSPCC Prevention in Mind Report, 2013; Boots Family Trust Alliance Report, 2013*