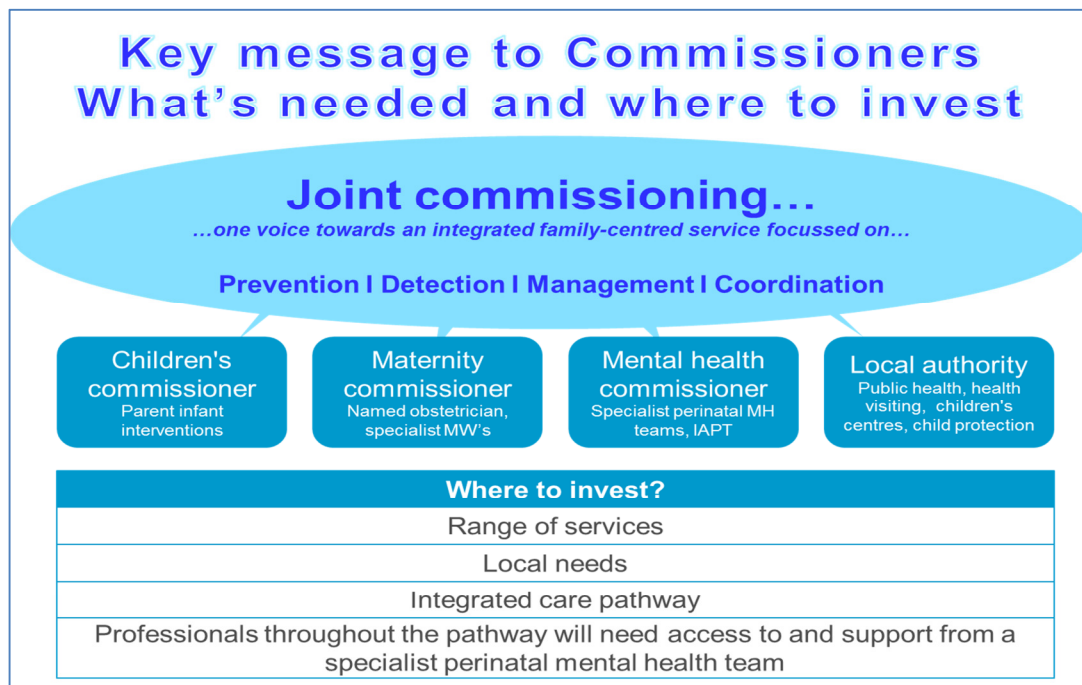


Building Better Perinatal Mental Health Services

Perinatal mental health is a major public health issue, impacting on the lives of up to 20% of all new mothers and their families. The first 1,001 days of a baby's life are critical and this developmental window is the best time to help parents and carers support their baby to ensure healthy brain development. It is vital that services are put in place so that women and their families receive appropriate treatment; ensuring babies are securely attached and have the best start in life.

Collaborative commissioning across mental health, maternity, CAMHS and the local authority is essential to achieve the above objectives. In order to deliver safe, effective, person centred care it is essential that all CCG's demonstrate that:

- Women and their families have easy and timely access to specialist perinatal mental health services
- CAMHS provide services for 0-3 year olds across **all** the tiers
- There is a clear care pathway so that professionals and service users know where to get support
- The needs of women and infants have been identified locally (Joint Strategic Needs Assessment) and there is a strategy for perinatal mental health to address these needs
- There is a collaborative commissioning group working with clinicians and service users to plan and deliver perinatal services
- Professionals across health and social care have access to specialist clinical advice and support
- Professional working in health and social care receive training in perinatal mental health and have identified leads



For further information or support in developing your perinatal mental health services locally please contact england.london-scn@nhs.net :

Sarah Taha, Consultant Perinatal Psychiatrist, Mental Health Strategic Clinical Network	Liz McDonald, Chair, Pan London Perinatal Mental Health Network
Temo Donovan, Project Manager, Mental Health Strategic Clinical Network	Jo Luckie, Co-ordinator, Pan London Perinatal Mental Health Network

Click on the link to access the perinatal mental health care pathway and animation film 'Building Better Perinatal Mental Health Services' [Perinatal mental health](#)

Policy and guidance				
Publication Date	Author / contact	Title	Description	Link
August 2008	NICE	Antenatal and postnatal mental health services	Commissioning guide Implementing NICE guidance	NICE august 2008
November 2012	Joint Commissioning Panel for Mental Health	Guidance for commissioners of perinatal mental health services	Volume two: practical mental health commissioning Includes ten key messages for commissioners	joint commissioning panel for mental health
June 2013	NSPCC	Prevention in mind	All babies count: spotlight on perinatal mental health	NSPCC prevention in mind
October 2014	Centre for Mental Health	The costs of perinatal mental health problems	Economic and social impact of maternal mental health problems in perinatal period	centre for mental health costs of perinatal
December 2014	NICE	Antenatal and postnatal mental health (CG192)	Clinical management and service guidance on mental health problems during pregnancy and after giving birth	https://www.nice.org.uk/guidance/development/gid-cgwave0598
December 2014	NICE	CG192 Costing report: Antenatal and postnatal health	Implementing the NICE guideline on antenatal and postnatal mental health	NICE CG192 costing report
January 2014	Quality Network for Perinatal Mental Health Services / RC Psych Centre for Quality Improvement	Service standards for Mother and Baby Inpatient Units: Fourth edition		Service standards for MBUs
April 2014	Quality Network for Perinatal Mental Health services / CCQI/RCPsych	Service standards: second edition Perinatal community mental health services		Service standards perinatal community health
June 2014	Wave Trust / Cross Party Manifesto	The 1001 Critical Days	The importance of the conception to age two period	Wave Trust
February 2015	Wave Trust and PIPUK	Building Great Britons Conception to age 2: first 1001 days all party parliamentary group	Perinatal enquiry, recommendations for the promotion of optimal development in the first 1001 days to give every baby the best possible start in life	Building Great Britons
March 2015	Centre for Mental Health, RCGP	Falling through the gaps: perinatal mental health and general practice	A report to understand women's experiences and the role of GPs in disclosure, identification and support	Falling through the gaps
July 2015	RCPSYCH	CR197 Perinatal mental health services (Revision of CR88 from April 2001)	Recommendations for provision of services for childbearing women	RCPSYCH-CR197
2015	Cavendish Square Group	The London Mental Health Fact Book	Mental health facts with expert commentary addressing key priorities for London	Cavendish Square Group