

# The Perinatal Mental Health Care Pathways

## Perinatal mental health problems:

The perinatal period refers to



Are **just as common** during the perinatal period as at any other time in a woman's life

Require **prompt** access to care

Affect up to **one in five**



Can have a negative impact on **both** mother and baby



Per year cost:

NHS and social services **£ 1.2 billion**

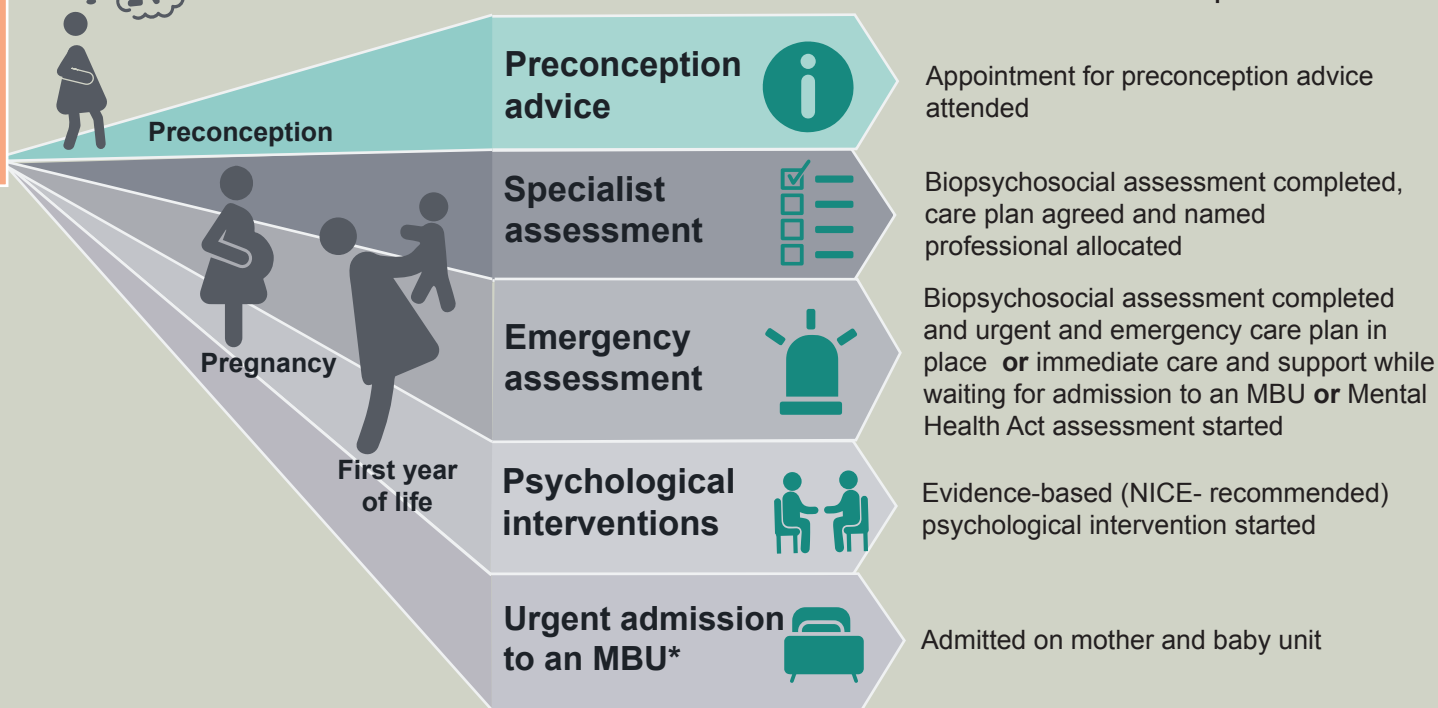
Wide society **£ ~8.1 billion**

## Perinatal Mental Health Care Pathways

Implementation guidance published by the NCCMH introduces a series of 5 perinatal mental health care pathways that outline access to services for women across the following key areas:



The pathway is complete when:



\*Mother and baby unit

## Pathway benefits



Mother and child will receive prompt, evidence-based care in line with NICE guidance



Can improve recovery rates and outcomes for women



Could reduce the risk of premature births and delayed physical growth in the developing baby



Can reduce the behavioural and emotional problems for the child later in life



Investment in services can result in long term savings

FIND OUT MORE:

NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

[www.rcpsych.ac.uk/PerinatalCarePathways](http://www.rcpsych.ac.uk/PerinatalCarePathways)

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Full implementation guidance

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Appendices and helpful resources