

Resource List

1. Perinatal Curriculum

www.rcpsych.ac.uk/members/your-faculties/perinatal-psychiatry/building-capacity-in-perinatal-services?searchTerms=building%20capacity

2. Pan-London Perinatal Mental Health Network

- **Guideline for care of neonates**

www.healthylondon.org/wp-content/uploads/2020/01/FinalNeodoc-v3.pdf

- **London perinatal care pathway**

www.londonscn.nhs.uk/wp-content/uploads/2015/10/mh-care-pathway-231015.pdf

- **Pre-Birth Planning Toolkit**

www.healthylondon.org/resource/pre-birth-planning-guidance-for-perinatal-mental-health-services/

- **Preconception Toolkit**

www.healthylondon.org/resource/best-practice-toolkit-for-providing-family-planning-advice-to-women-with-a-mental-illness/

- **Tokophobia Toolkit**

www.healthylondon.org/resource/tokophobia-best-practice-toolkit/

3. Resources for women

- **Tommys** - www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy

- **RCPsych** - www.rcpsych.ac.uk/mental-health/problems-disorders (look at section on “before, during and after pregnancy”)

- **APP Network** - www.app-network.org/

- **Maternal OCD** - <https://maternalocd.org/>

4. Maternal Mental Health Alliance

<https://maternalmentalhealthalliance.org/resource-hub/> (many key resources, standards, guidelines etc are collated here)

5. MBRRACE-UK

www.npeu.ox.ac.uk/downloads/files/mbrpace-uk/reports/MBRRACE-UK%20Maternal%20Report%202018%20-%20Web%20Version.pdf

6. Eating Disorders

www.eatingdisordersandpregnancy.co.uk/

7. Economic report

www.centreformentalhealth.org.uk/publications/costs-of-perinatal-mental-health-problems

8. Mosaic Films

www.mosaicfilms.com/film-and-tv/stories-of-postnatal-depression

9. Infant Mental Health On line

<https://warwick.ac.uk/fac/sci/med/study/cpd/cpd/imhol>