The 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:

- **Preconception advice**: Appointment for preconception advice attended.
- **Specialist assessment**: Biopsychosocial assessment completed, care plan agreed and named professional allocated.
- **Emergency assessment**: Biopsychosocial assessment completed and urgent and emergency care plan in place or immediate care and support while waiting for admission to an MBU or Mental Health Act assessment started.
- **Psychological interventions**: Evidence-based (NICE-recommended) psychological intervention started.
- **Urgent admission to an MBU**: Admitted on mother and baby unit.

The pathway is complete when:

- 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.

**Pathway benefits**

**Per year cost:**
- NHS and social services £1.2 billion
- Wide society £8.1 billion

** FIND OUT MORE:**

www.rcpsych.ac.uk/PerinatalCarePathways