## **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



Wide society



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:

Preconception

Preconception advice



Appointment for preconception advice attended



of life

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

**Psychological** interventions



Evidence-based (NICE- recommended) psychological intervention started

Urgent admission to an MBU\*



Admitted on mother and baby unit

Health Act assessment started

\*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 MENITAL HEALTH

www.rcpsych.ac.uk/PerinatalCarePathways



