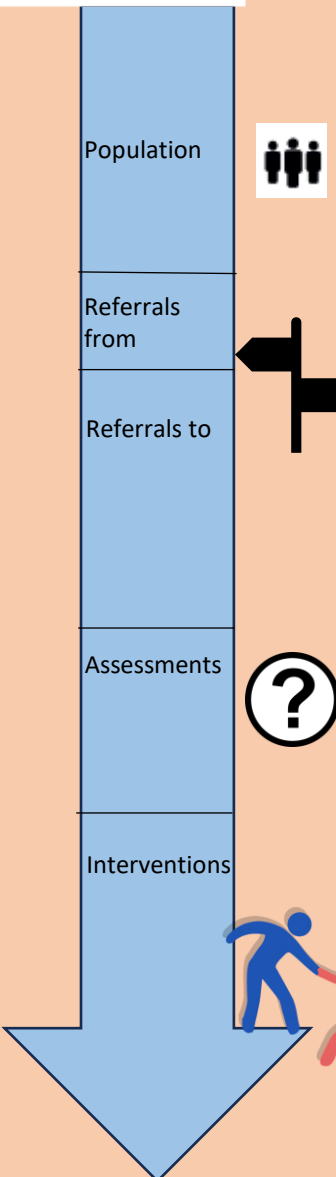


Perinatal and Infant Mental Health Pathway – St Helens

	Preconception	Perinatal Period (pregnancy to 12 months)				Infant Mental Health (up to 2 years)	
Population	Pathway 1 Before Birth	Pathway 2 Support and Guidance	Pathway 3 Extra Help	Pathway 4 In Crisis	Pathway 1 Help with Bonding	Pathway 2 Extra Bonding Support	
Referrals from	Self-referral	Professional Self-referrals to all	Professional Some self-referrals	Professional	Self-referrals	Professional referrals	
Referrals to	Specialist Perinatal Service (SPS)	0-19 Homestart Parents In Mind	Specialist Perinatal Service (SPS) Maternal Mental Health Service (Silver Birch) BABS	Mother & Baby Unit Home Treatment Team Adult Mental Health / Crisis Teams	0-19 Parents In Mind	BABS Specialist Perinatal Service (SPS)	
Assessments	?	HADS – Parents in Mind Core 10 – Homestart GAD7 / PHQ9 HONOS 18-64 ACES BABS	PBQ / ABQ Core 10 WHOOLEY GAD7 & EPDS NBO Making sense of distress – Silver Birch SPS Enhancing Families Silver Birch	SPS – Emergency assessment within 4 hours MBU – Core 10, parent infant relationship, biopsychosocial assessment of need and risk	HADS – Parents in Mind WHOOLEY GAD7 & EPDS NBO 0-19	ASQ2, ASQ3 MAAS & MPAS BABS	
Interventions	SPS: one off apt for pregnancy-planning where parent has struggled with MH	Homestart: Dad Matters PIM: Peer Support 0-19: Listening visits Video Interactive Guidance (VIG) Psychoeducation Brief interventions Consultation Midwives: Tommy's "My pregnancy & post-birth wellbeing plan" (at booking appointment) BABS	EMDR Mindfulness/Mentalisation ACEs Recovery Toolkit Compassion Focussed Therapy SPS: Adult MH focus interventions Merseycare: Think Wellbeing Midwifery Intervention Peer Support 1-1 / group therapies 0-19: Intensive support BABS Silver Birch	MBU: Sensory Play, Infant Massage, VIG CLICK HERE TO SEE THE PERINATAL PSYCHIATRIC EMERGENCY PATHWAY	PIM: Reflective Parenting 0-19: NBO, Infant Massage, Individual package of care	VIG Psychoeducation Brief interventions Consultation Attachment therapies Psychotherapy EMDR SPS: Ready to relate, NBO/NBAS, VIG, Circle of Security, Watch me play, baby massage, Lighthouse BABS	



Pathway 1 – Before Birth

Service	Overview	Referral information
Specialist Perinatal Mental Health Service	The service offers a on-off Pregnancy Planning Support session for advice with managing mental health conditions prior to becoming pregnant. This service is available to anyone who has experience of a mental health condition and is considering pregnancy, including those who have received support from us before. If you are thinking of growing your family but have questions about current or past mental health challenges, we can support you through this important transition. Please get in touch to see how we can help you.	You can access Pregnancy Planning Support by self-referral by 01925 275 303 for Knowsley, Halton, St Helen's and Warrington or email mcn-tr.perinataleservice@nhs.net

Pathway 2 – Support and Guidance (for mild to moderate mental health problems)

Service	Overview	Referral information	Best Suited For
Maternity Service:	<p>Specialist Perinatal Mental Health Midwives offer appointments in clinic alongside the usual maternity care pathway. The service assesses using Gad 7 and PHQ 9. A score of 11+ with effect on functioning/parent-infant relationship or a score of 15+ without those things fits the criteria.</p> <p>The service offers:</p> <ul style="list-style-type: none"> • Signposting/Referrals to other services for specific support. • Birth planning in the second and third trimesters. • Phone support • Midwifery continuity particularly during hospital appointments for scans or further investigations. 	<p>Midwife concerns can trigger a triage. Tel: 0151 430 2325 Mobile: 07990592230 (Mon-Fri 9am-5pm)</p>	<p>Previous or ongoing serious mental health conditions, worsening mental health in the perinatal period</p>
0-19 service	<p>The universal offer includes advice and support, healthy child clinics, developmental checks and infant massage. NBO (neonatal behavioural observation) is offered along with low level interventions (listening visits). The assessments used are WHOOLEY questions, GAD7 and EPDS</p> <p>Referrals on to the 0-19 enhanced service is also an option where necessary.</p>	<p>Parents can call the duty hub Monday – Friday 9-5pm on 01744 411277</p>	<ul style="list-style-type: none"> • Would welcome home visits • Family approach • Those already known to 0-19 who require low level interventions
Parents in Mind	<p>Parent-to-parent, Peer support for Mothers, birthing people, Dads & partners.</p> <p>Support is provided locally or online via Zoom or WhatsApp (both group and 1-1). Support is tailored to service user preference, and moves gently, but with focus: normalising the difficulties of caring for a baby, decreasing isolation, and empowering parents with resources and information.</p> <p>Anna Freud Reflective Parenting Online programme. Focusing on reducing parent-child conflict/bond with signposting onwards if necessary.</p>	<p>Self- referrals accepted – Quick to be contacted</p> <p>Referral criteria – mild-moderate</p> <p>For a referral form, please visit https://www.nct.org.uk/services/parents-mind/north-west or call Holly to talk more: 07562 207 644</p>	<ul style="list-style-type: none"> • Parents reluctant to engage with Health Care services • Day or evening support • Building confidence and support networks
BABS	<p>BABS offers a wide range of support for parents who have experienced challenges such as domestic abuse, substance misuse, teenage pregnancy, refugee parents, learning disabilities/difficulties and neurodiversity, which impact on the parent and baby relationship. The offer is a range of therapeutic, evidenced based group activities and 1:1 support.</p>	<p>Registered with GP or is a resident in St Helens</p> <p>Struggle to bond/difficulties in the relationship</p> <p>To make a referral please contact cmicb-ss.mersecarebabs@nhs.net</p> <p>Visit the website at Building Bonds and Attachment Service in St Helens</p>	<ul style="list-style-type: none"> • Parents with ACE's • Parents who are undergoing assessments by LA • Think Family approach • Home Visits • Supported to be 'good enough' parent.
Homestart	<p>Trained volunteers who may have experienced their own perinatal mental health concerns and are matched to support parents & child practically and emotionally. Health appointment attendance support, shopping, playgroups, confidential support outside of family.</p> <p>Dad Matters - supporting dads during 1001 days – mental health attachment, new dads workshop, walk and talks, universal & targeted. Anyone assuming dads role.</p>	<p>Referrals from self, health, partnership. Forms are online at https://homestartsthelens.org.uk/referrals/</p>	<ul style="list-style-type: none"> • Would welcome home visits • Supported to access community resources • If still unsure please contact the service

Pathway 3 – Specialist Assessment (Extra Help. For moderate to severe mental health problems)

Service	Overview	Referral information	Best Suited For
Specialist Perinatal Service	<p>The Specialist Perinatal Service offers mental health assessment and support, and a range of therapeutic interventions for the mother, baby, and their family.</p> <p>This includes pharmacological intervention, occupational therapy, evidence-based talking therapies, evidence-based parent-infant interventions, peer support, physical health review and monitoring, partner wellbeing checks, and holistic individualised perinatal care planning.</p> <p>The service has a parent-infant relationships interventions pathway.</p>	<p>Professional referral required, such as a GP, midwife, health visitor, social worker, voluntary sector agencies. Service will offer a telephone triage.</p> <p>Referrals are made by completing our referral form and emailing this to our local service.</p> <p>Emergency referrals do not require a referral form and should be made via telephone to the local Specialist Perinatal Service between Monday to Friday 9am to 5pm.</p> <p>Rapid assessment is offered for urgent referrals, where there are concerns regarding acute distress, crisis and risk. Urgent assessment may be offered within 2 days of referral. Also supports emergency assessment within 4 hours for emergency presentations. The service also connects with and works collaboratively with crisis and liaison mental health community teams within the community. Supports assessment, referral and transition into regional and local inpatient services (MBU and adult mental health units) and discharge planning and transitions to return to community from these tertiary services.</p> <p>To make a referral please contact mcn-tr.perinatalservice@nhs.net or 01925 275 303</p>	<ul style="list-style-type: none"> women/birthing people with moderate - severe mental health problems and complex mental health difficulties including complex psychosocial needs, complex relationship needs and comorbid conditions whose needs cannot be managed effectively by primary care services alone.
Maternal Mental Health Service (Silver Birch)	<p>Midwifery intervention Peer Support 1-1 or group psychological therapies</p>	<p>Professional referral required. For women who have experienced trauma or loss during their maternity, neonatal, or reproductive journey that has caused distress. Minimum 4 weeks since traumatic event.</p> <p>Email McN-tr.mmhs@nhs.net to request a referral form to make a referral</p>	
BABS	<p>BABS offers a wide range of support for parents who have experienced challenges such as domestic abuse, substance misuse, teenage pregnancy, refugee parents, learning disabilities/difficulties and neurodiversity, and other impactful experiences. The offer is a range of therapeutic, evidenced based group activities and 1:1 support.</p>	<p>Registered with GP or is a resident in St Helens Struggle to bond/difficulties in the relationship</p> <p>To make a referral please contact cmicb-ss.mersecarebabs@nhs.net</p>	<ul style="list-style-type: none"> Parents with ACE's Parents who are undergoing assessments by LA Think Family approach Home Visits Supported to be 'good enough' parent.
0-19 Enhancing Families	<p>Intensive health visiting input until the child is aged 2. Outcomes measured using the Journey of Change model and clients will be asked to identify two areas that they require support with from seven domains:</p> <ul style="list-style-type: none"> Physical health (including accessing appointments, drugs/ alcohol use) Emotional health (including mental health) Relationships, safety, and health Home environment and routines Support networks and services Goals and aspirations Connecting with and supporting baby development 	<p>The criteria for the programme includes:</p> <ul style="list-style-type: none"> Isolated and or unsupported teenager Current mental health concerns Current drugs and or alcohol misuse Current concerns of domestic abuse in relationship or history of ACES Looked after child or care leaver <p>There is no parental upper age limit, however clients should be less than 32 weeks gestation at the time of referral and can access the programme until the child turns 2 years.</p> <p>First time mums, or those with children under school age, with one of the following issues identified in the antenatal period who are first time mums.</p> <ul style="list-style-type: none"> Mums who have lost a child/ had child removed. Refugees <p>For a referral form, please visit https://www.wchc.nhs.uk/children-young-people/professionals/st-helens-health-professionals/enhanced-families-service-st-helens/</p>	<ul style="list-style-type: none"> Vulnerable pregnant women who require more intensive health visiting support. We welcome home visits Support with referrals to other services Those that meet the criteria on the referral form.

Pathway 4 – Emergency Assessment

Service	Overview	Referral Information
Adult Mental Health Team	Community mental health teams (CMHTs) work with people with severe and enduring mental health issues as well as those with less severe illness who have not responded to provided interventions in primary care services. They offer flexible, responsive and proactive integrated services to individuals with severe and complex mental and behavioural disorders.	Making referrals for specialist mental health assessment :: Mersey Care NHS Foundation Trust
Crisis and Liaison Team	A mental health crisis often means that people no longer feel able to cope or be in control of their situation. It often involves a sudden or continued worsening of symptoms. They may feel great emotional distress or anxiety, feel they can't cope with day-to-day life, think about suicide or self-harm, or experience hallucinations and hearing voices.	Help in a crisis
Mother and Baby Unit	Mother and Baby Units are a mental health ward that allows mothers to receive treatment for severe postnatal mental illness while remaining with their babies.	Professional referral via the Specialist Perinatal Mental Health Service Women can be admitted from 30 weeks of pregnancy until the end of the first postnatal year.
Specialist Perinatal Mental Health Service	The service offers emergency and urgent assessment for women and birthing people where there are concerns regarding acute distress, crisis and risk. Urgent assessment may be offered within 2 days of referral. The service also supports emergency assessment within 4 hours for emergency presentations. The service also connects with and works collaboratively with crisis and liaison mental health community teams within the community. Supports assessment, referral and transition into regional and local inpatient services (MBU and adult mental health units) and discharge planning and transitions to return to community from these tertiary services.	To make a referral please contact mcn-tr.perinataleservice@nhs.net or 01925 275 303

[CLICK HERE TO SEE THE PERINATAL PSYCHIATRIC EMERGENCY PATHWAY](#)



Pathway 1 – Early Intervention

Babies presenting with attachment difficulties and parents who state they are struggling to bond with baby

<u>0-19</u>	<u>Parents in Mind</u>
<ul style="list-style-type: none"> • Listening visits • NBO/NBAS • Baby Massage 	<ul style="list-style-type: none"> • Anna Freud Reflective parenting course • Peer Support • Dads Groups • LGBTQIA+ groups
Parents can call the duty hub Monday – Friday 9-5pm on 01744 411277	For a referral form, please visit https://www.nct.org.uk/services/parents-mind/north-west

Parents can SELF REFER to 0-19 service/Parents in Mind or you can refer to Parents In Mind

Pathway 2 – Specialist Support

Parents who state they feel they cannot bond with baby and baby who presents with attachment difficulties

<u>BABS</u>	<u>SPS</u>
<ul style="list-style-type: none"> • VIG (Video Interactive Guidance) • Psychoeducation • Psychotherapy • EMDR • Attachment Therapy • Training & Consultation 	<ul style="list-style-type: none"> • Ready to relate • NBO/NBAS • VIG • Circle of Security • Watch me play • Infant massage • Circle of Security Parenting (COS-P) • Mentalization Based Therapy (MBT) Lighthouse Parenting Programme • Training and consultation
To make a referral please contact cmicb-ss.merseycarebabs@nhs.net	To make a referral please contact mcn-tr.perinatalservice@nhs.net or 01925 275 303

Parents In Mind

Support for Dads, Partners and Non-birthing Parents

Come and connect with a community of dads. Just drop in to our regular Stay and Play sessions across St Helens.

If you cannot attend our Stay and Plays, why not register to get weekly remote support with local fathers & partners.

By referral, including self-referral, we also support by:

- 1-2-1 phone calls and messages
- Zoom and WhatsApp groups



“
Being able to spend time with my son, with other fathers has enabled me to talk about some of my struggles.”

Support for LGBTQIA+ Parents

We understand the journey as an LGBTQIA+ parent can be unique. Alongside the other support options, you can also come along to our Zoom and WhatsApp sessions to have that space to talk with other LGBTQIA+ parents.



Anna Freud Reflective Parenting Course

Join our **FREE** eight-week online course for parents and carers.

The course will help you to:

- Understand your child better
- Boost your confidence as a parent
- Reflect on how you were raised
- Think about what affects your parenting now



Find out more by following the QR code or emailing us at: parentsinmind.nw@nct.org.uk



Who are Parents in Mind?

Parents in Mind offers friendly, non-judgmental, free, low level mental health support for parents during the early stages of parenthood, run by parents who understand the challenges it can bring.

Our trained volunteers, with their own experiences, are committed to making sure parents feel supported and connected, from pregnancy until your child turns two years old. It's also a great way to meet other parents going through similar experiences. We're here to welcome you into our community.

Who do we support?

We are here to support all parents living in St Helens, or are registered with a GP in this area, who are expecting a baby or have a child under the age of two. If you are looking to improve your emotional wellbeing, then we are here for you!

Support for Mums and Birthing Parents

Our welcoming team offer support:

- in peer-led in-person groups across St Helens
- by 1-2-1 telephone calls
- remotely via Zoom and WhatsApp

All these services are accessed by referral only, including by self-referral, so you can have reassurance that you're in a group with other mums and birthing parents also looking for support around their emotions, mental health and wellbeing.

For our in-person groups, you're welcome to bring your child along to each session.

Who we work with

We provide non-judgemental parent-infant therapy and support, for pregnant women, new parents and their partners. Some of the families we support may:

- struggle with their mental health
- have/had problems with drugs and alcohol
- have/had a difficult pregnancy or birth experience, including miscarriage and losing a baby
- have suffered trauma and abuse
- have difficult relationships with their own parents or partners
- require support by a group of professionals, including a social worker
- feel concerned about the relationship they have with their baby.



Who we are

We are a team of:

- Clinical psychologists/clinical psychotherapist
- Parent infant mental health therapists
- Specialist health visitors
- Admin.

We work in family homes and at the family hubs across St Helens.

BABS is our Building Attachment and Bonds Service

Parent Infant Mental Health Service (PIMHS)

Further information

If you'd like to find out more about how BABS can help, speak to your GP, midwife, health visitor, social worker, early help worker or any other multi agency professional who is supporting you.

They will be able to refer you to our service if they think we can help. Referrals can be sent to Cmicb-ss.merseycarebabs@nhs.net



Scan the QR code to visit our website.

What we do

- We offer a safe place for parents/carers to think about their babies and their own lives and relationships
- We provide specialist information, training and advice to families and professionals
- We carry out specialist work with babies and their mums, dads and carers; this can be in parents' homes and in group sessions, within the community
- We support families, as part of a multi-agency group, alongside midwives, health visitors, GP's, adult mental health services, early help, children's social care and the voluntary sector.

How to access our service

You can be referred into our service if you are pregnant, or have a baby aged 0-6 months, we support mums, dads, partners and carers. We encourage referrals for both parents.

Referrals can be made from conception to six months via your midwife, health visitor, GP, social worker, early help worker and staff from local family hubs and voluntary sector. You can contact us on 0151 351 8801.

Who are Health Visitors?

- Registered nurses and midwives with specialist training in child health and development
- We work in partnership with parents and carers to support the health and wellbeing of every child aged 0 to 5 years
- We will visit you at home for your convenience and can also prescribe medication for some minor illnesses
- We work within a multi skilled team so we can ensure the practitioner with the right skills can support you as quickly as possible

Public Health role

- Transition to parenthood
- Maternal emotional health
- Infant feeding
- Healthy weight
- Managing minor illness and accident prevention
- Preparing for school



What we offer to everyone

Health Visitors work within the 0 - 19+ Service in St Helens to deliver the National Healthy Child Programme and offer a universal service to all.

As part of this we will contact you to undertake the following visits:

- Antenatal contact from 28 weeks of pregnancy
- Birth contact 10 to 14 days after delivery
- 6 to 8 week review, 9 to 12 months review and a 2 to 2½ year review

In addition we are always here to listen to any additional concerns you may have about yourself or your child and can provide extra support to assist you in overcoming these.

For well babies we offer weekly clinics where you can get your baby weighed or speak to a health visitor for advice. When your child starts reception class their care will transfer to the school nursing service.

Safeguarding Children and Young People

- If you are worried about an adult or child's safety including your own, at home or anywhere else you can speak to us
- We work closely with other services to keep you and your child/children safe
- There may be occasions when we are asked to attend meetings with other agencies about you or your child/children and family, in this case, we may see you more frequently
- Whenever possible anything we do will be discussed and agreed with you.

Confidentiality

All members of the Health Visiting team have a duty to protect your privacy and confidentiality.

We would only share information with your consent.

Information without consent could only be shared in situations where we have a concern that there was a risk of harm to your child or a member of your family.

If you have any worries about confidentiality please talk to a member of staff.



For more information contact:

Your local Health Visiting team can be contacted Monday to Friday from 9.00am to 5.00pm for advice and support. We will usually arrange to see you at home where you and your child are most comfortable; however alternative arrangements can be made on occasion as needed.

Tel: 01744 411 277

Visit our website: wchc.nhs.uk/children



My name is James, I am the Dad Matters Co-ordinator for St Helens. I have 5 children and understand the barriers and issues Dads may face. Dad Matters St Helens is here to support you throughout the early stages of parenthood.

Why is my mental health so important for my baby?

When a parent experiences poor mental health it can affect the way they respond to bonding with and caring for their child. This can impact the child's psychological, intellectual, social and emotional development.

Postnatal depression affects 1 in 10 Dads!

The peak time for Dads to develop postnatal depression is 3-6 months following the birth, but symptoms can come on anytime in the first few years of being a Dad.



DAD MATTERS ST HELENS

FOR MORE INFORMATION

PETER STREET CENTRE, PETER STREET ST HELENS WA10 2EQ

DAD MATTERS CONTACT - JAMES WHITE 07398024387

DADMATTERS@HOMESTARTSTHELENS.ORG.UK



**Are you a new Dad or a Dad to be?
Want to be the best Dad or Partner you can be?**

Dad Matters are here to support Dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

Who we are

One in five women experiences mental health problems during pregnancy or in the first year after birth.

We provide important mental health assessment and support for local women and birthing people experiencing mental health issues during this time.



Pregnancy planning

We offer [pregnancy planning support appointments](#) if you are thinking about, or planning to have, a baby, and:

- have a history of complex lives or mental health problems and are taking medication for mental health problems
- are worried about the impact having a baby will have on your mental health
- have anxiety around pregnancy, childbirth or becoming a parent.

You can call your local team to refer yourself.

Please let us know if you need adjustments to suit mobility, language or other specific needs.

Specialist assessment and support

We provide one to one assessment and ongoing support if you are pregnant or have a baby who is under 24 months, and:

- Are currently experiencing complex or severe mental health problems
- Have a history of, or are at risk of, developing severe or complex mental health problems during the perinatal period, even if you are currently well.
- We do not accept self referrals, but women can be referred to our service by any professional supporting them such as a GP, midwife, health visitor, social worker, voluntary sector agencies
- The above professionals should make sure they have consent to make the referral and let people know to expect a call from us so we can complete a telephone triage
- Referrals are made by completing our referral form and emailing this to your local service Complete a [referral form](#)
- Emergency referrals **do not** require a referral form and should be made via telephone to the local Specialist Perinatal Service between Monday to Friday 9am to 5pm.

Mersey Care (Halton, Warrington, St Helens and Knowsley) Telephone: [01925 275 303](tel:01925275303)

Emotional Wellbeing during pregnancy and after birth

It is normal to sometimes feel down and more anxious when you are pregnant or as a new mother, but if you find you are feeling low more than you are feeling happy or are overly anxious, you need to talk with someone.

HOW DO I FEEL.....?



Just as your body goes through many physical changes during pregnancy so does your mind, thoughts, and emotions. It is very normal to experience mixed emotions, such as joy, excitement, and crying, feeling sad or worried while you are pregnant. Pregnancy hormones such as oestrogen and progesterone contribute to these mixed emotional highs and lows that you may experience, particularly in the first three months following confirmation of your pregnancy. It is important to look after your emotional well-being during pregnancy.



Having a baby is a life-changing experience. It is physically challenging but also deeply emotional. Many new parents will feel joy and happiness but perhaps also worried and nervous about the responsibility of having a newborn to look after.

Sharing your feelings - and how you're coping with parenthood - can be daunting but also helpful. Try talking to your partner, friends, and family about your emotions after birth. You might also find it reassuring to talk to other new parents who will be experiencing many of the same emotions and challenges that you are.

Having a baby may not be the happy time you were expecting. Many pregnant or new parents need advice and support if they are feeling low.

It is important to seek help when your need it.

You can speak to: Your GP, midwife, or health visitor.

- Specialist Perinatal Midwives at Whiston Hospital – 0151 430 1685/07990592230
- Self-refer to NHS Talking therapies: -
 St Helens, 01744 415 650.
 Knowsley, 0151 351 8600
 Both above services are also available online.
- Self-refer to Mental health Assessment services:
 St Helens 01744 415 625 (24 hours)
 Knowsley 0151 351 8600 (24 hours)
 Halton 01925 664 000 (8am-8pm)

For out of hours support please call NHS 111 / 0800 051 1508 or access the mental health out of hour's service at any Accident and emergency department

Choosing well for mental health

A referrers guide – responding to different mental health needs.



For mental health support in **Halton, Knowsley, St Helens and Warrington**

Pathway for Perinatal Psychiatric Emergency

Universal Services

V2.1

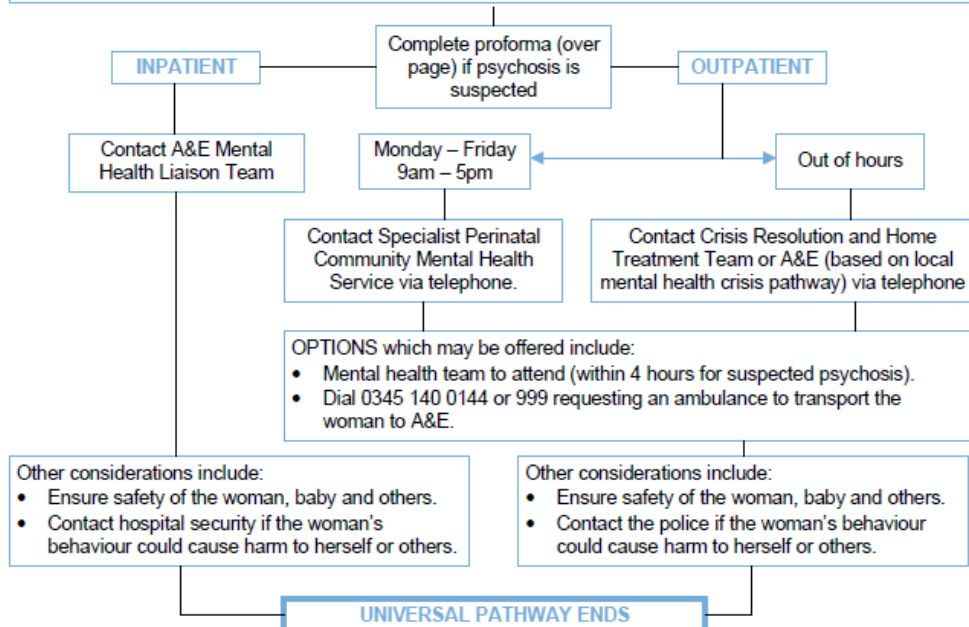


North West Coast
Clinical Networks

Note: in the event of concern for the safety of the woman, baby or others, call the NWAS Health Care Professional Line: 0345 140 0144 to discuss with a clinician. Alternatively dial 999.

Mental Health emergency identified during the perinatal period.

An emergency is an unexpected, time-critical situation that may threaten the life, long-term health or safety of an individual or others and requires an immediate response (NHS England and NHS Improvement, 2018).



NOTES FOR MENTAL HEALTH SERVICES

For suspected post partum psychosis (PPP):

- Discuss completed proforma over page
- Review most recent routine observations (BP / temp / pulse / resps / bloods) to assist diagnosis
- Seek admission to Mother and Baby Unit / Acute where clinically indicated and safe
- Aim to keep mum and baby together unless risks posed to baby's safety
- Do not leave patient unaccompanied
- Consider commencing antipsychotic medication

Regularly Review diagnosis in light of physical health/blood results etc.

Conduct Emergency Assessment or start Mental Health Assessment within 4 hours of referral. If there is any suggestion that this presentation is a suspected or emerging PPP: Treat as if it is PPP, until proven otherwise, whilst excluding differentials (differential diagnoses may include; sepsis/infection/delirium/hyponatraemia)

NB: If there is a history of Bipolar affective disorder/PPP the risk of this presentation being PPP is increased.

Mother and Baby Inpatient Unit referral:

Where admission required: download Universal MBU Referral Form (<https://www.nhswebbeds.co.uk/login>) and send to preferred MBU. Inform Specialist Perinatal Community Mental Health Service of outcome as soon as possible. MBU beds are centrally commissioned and funded by NHS-England, so permission is not required to seek funding for out of area placements if no local MBU bed is available.



North West Coast
Clinical Networks

Proforma for suspected Postpartum Psychosis

Write patient's details or affix identification label

Hospital number:

Name:

Address:

Postcode:

Date of birth:

NHS number:

Postpartum psychosis (or puerperal psychosis) is a severe mental illness. It starts suddenly during the final trimester of pregnancy or in the days or weeks after having a baby. Symptoms vary, and can change rapidly. They can include high mood (mania), depression, confusion, hallucinations and delusions. It is a psychiatric emergency - you should seek help as quickly as possible.

Do not leave patient unaccompanied. See pathway for relevant agency to contact. Inform family of concerns and note their comments. Family will often report subtle changes: "She is just not herself".

Clinical Presentation (circle)

- Recent rapid change in mental state/new symptoms
- Thoughts of violent self harm and/or suicidal ideation
- Agitation
- Confusion
- Suspicious of others
- Rapid onset marked mood change (up/down)
- Over activity
- Bizarre ideas or unusual thoughts (including about baby)
- Periods of blankness (staring into space)
- Responding to something that is not physically present
- Marked change in demeanour / personality
- Unpredictable or impulsive behaviour
- Unable to sleep when baby sleeps / unable to switch off
- Very withdrawn, not communicating with family
- Other:

Gestation / date of delivery: _____

- Current or past history of mental illness Yes/No
- Past history of psychosis Yes/No
- Personal / family history of postpartum psychosis Yes/No
- Current psychotropic medication Yes/No
- Traumatic birth experience Yes/No

If perinatal mental care plan in place assess for early warning signs/triggers. Consider engaging with professionals who know the patient.

Concerns of patient and/or family:

Complete investigations (send as urgent)

BP	Pulse
Temp	Resps
FBC	CRP
LFT	U&E
Random Glucose	TFT
MSSU	ECG if possible

Suspected Post Partum Psychosis?

Refer to NWC Perinatal Psychiatric Emergency Pathway (over page)

Yes/No

Does woman recognise the concerns and agree to see a mental health practitioner? (if no, consider Mental Capacity Act)

Yes/No

Notes

1. The definition of emergency is taken from The Perinatal Mental Health Care Pathways, NHS England and NHS Improvement, 2018:
2. Appreciation and credit are given to the Perinatal Mental Health Team at Wirral University Teaching Hospital and the Bristol Specialist Community Perinatal Mental Health Team for the sharing of documents on which the first draft of this pathway and proforma were based.

Signature:

Print name:

Designation:

Date and time:

Home

Pathway 4