

Islington Perinatal Mental Health Pathway

This document describes the process of screening and assessing for perinatal mental health needs in Islington. Screening will assist in identifying which of three pathways would best meet the needs of the woman and her family. For each pathway an approach is described, detailing the support which should be offered and who can be contacted to facilitate this.



Glossary of abbreviations used in this document

CAMHS	Child and Adolescent Mental Health Service
EPDS	Edinburgh Postnatal Depression Score
FEW	Family Engagement Worker
FSW	Family Support Worker
GAD-2 (or 7)	Generalised Anxiety Disorder measure (2 or 7 question version)
GP	General Practitioner
HV	Health Visitor
MW	Midwife
NICE	National Institute for Health and Care Excellence
PHQ-9	Patient Health Questionnaire
PBPS	Parent Baby Psychology Service (provided by CAMHS)

How to Use This Document

This pathway sets out an overarching approach for managing perinatal mental health support needs in Islington. These include the needs of parents, their children and family, starting before pregnancy and continuing until the child reaches one year of age.

Throughout this period, the parent is likely to come into contact with health professionals from a variety of services. Islington Perinatal Mental Health Pathway is mainly intended for use by health professionals involved in delivering primary and secondary perinatal care, primarily GPs, midwives and Health Visitors. This document is designed to help these professionals to follow a process for screening patients for perinatal mental health needs and to identify the appropriate support pathway.

Aim: To ensure early identification of risk, early treatment, patient-centred coordinated care and a focus on the mother-baby relationship (NICE 2014). In addition, the health professional should consider the needs of the woman's partner, family or carers (including other children) and also be mindful that women may not initially disclose problems, for various reasons, but can still be offered support via universal services (NICE 2014).

The diagrams on page 4 and 5 show the overarching process for screening and assessing perinatal mental health needs. Screening will assist in identifying which of three pathways would best meet the needs of the woman and their family. The screening processes, and the criteria for each pathway, are described in more detail later in the document. For each pathway an approach is described, detailing the support which should be offered and who can be contacted to facilitate this.

The approach described is intended to supplement and support, rather than replace, the skills, expertise and clinical judgement of professionals.

For a Directory of Services, showing points of contact for advice and information please see Appendix 1.

Identifying and assessing mental health need

Throughout the perinatal period, clients will be offered routine screening by GPs, Midwives and Health Visitors at every appointment. In addition, there are a number of other routine appointments where it will be appropriate to consider the mental health needs of the mother.

ROUTINE APPOINTMENTS

Maternity

- Antenatal booking appointment and 4 (or more) further antenatal contacts
- Postnatal visits between 1-10 days

Health Visiting

- Antenatal contact at 28 weeks+
- New birth visit at 10-14 days
- 6-8 week review
- 12 month development review

GP

- 6 week postnatal review

Screening for mental health needs should be conducted using the standard screening questions in conjunction with professional judgement to determine an appropriate course of action. These standard questions are based on the [Whooley questions](#) and the 2-item [Generalised Anxiety Disorder scale](#) [GAD-2] (Appendix 2), which are recommended as an appropriate screening tool (NICE 2014). The standard questions are:

- During the past month have you been bothered by feeling down, depressed or hopeless?
 - During the past month have you been bothered by having little interest or pleasure in doing things?
- and
- During the past two weeks have you been bothered by worrying or feeling very anxious about things?
 - During the past two weeks have you been bothered by not being able to stop or control worrying

This can be followed up with:

- Is this something that you need or want help with?

NICE (2018)¹ also recommends that if a woman responds positively to either of the depression identification questions above, is at risk of developing a mental health problem,

¹ NICE Pathway: Identifying and assessing mental health problems in pregnancy and the postnatal period (updated 24th April 2018)

or if there is clinical concern, then the EPDS or PHQ-9 can be used as part of a full assessment. (Appendix 2)

The professional conducting the screening must be trained to use the standard questions.

The screening tool should be used alongside a **clinical assessment** which should inform the final decision as to which pathway the patient will follow.

Where there are maternal mental health difficulties always consider the potential impact on the child. It is important to be mindful of any possible child safeguarding concerns – if you need advice please contact the Islington Children’s Contact Team on 020 7527 7400. For Emergency Duty Team (out of hours) contact 020 7527 0992

If the expectant mother has a current or pre-existing severe mental illness, for non-urgent care, refer directly to North London Partners specialist perinatal mental health service (**020 3317 7114**). If urgent care is needed, refer to the **ISLINGTON MENTAL HEALTH CRISIS TEAM (0800 917 3333)**

Antenatal Perinatal Mental Health Pathway for Islington

GREEN PATHWAY – THE UNIVERSAL OFFER

For ALL parents; those who have mental health concerns will be offered appropriate additional support **IN ADDITION** to the universal offer

- Offer the PREGNANCY AND POST-BIRTH WELLBEING PLAN and discuss use
- Promote positive attitude to pregnancy and to relationship with baby
- Provide information about universal support including Bright Start services, children's centres, infant feeding and pregnancy open days

At the booking appointment

- Ensure the expectant mother has written information about emotional aspects of the transition to parenthood and about perinatal mental health. Advise to contact MW, HV or GP if they experience symptoms
- Ask about personal and family mental illness
- If there is family history of severe mental illness AND concerns about a change in the woman's mental state refer to the **RED PATHWAY**

At ALL antenatal contacts

- Screen for depression using the **WHOOLEY** questions and for anxiety using the **GAD-2** questions
- Be mindful of issues of language, culture and stigma that may affect woman's understanding of their mental health

If **YES** to Whooley questions
OR if **GAD-2** score >3
OR if high risk
OR if clinical concerns,
assess using **EPDS** or
PHQ-9 and consider using
GAD-7 (see Appendix 1)

If EPDS, PHQ-9 or
GAD-7 is < 9 (low
to moderate risk)
refer to **AMBER
PATHWAY**

AMBER PATHWAY

Evidence of mild-moderate mental health concerns

- Ensure named MW, GP and HV are informed
- Consider referral to Journey to Parenthood
- Consider with client referral to services eg iCope, PBPS
- If woman declines support offered, notify GP
- Offer wellbeing support as **GREEN PATHWAY**
- Ask about mental health symptoms at every visit and inform named MW if severity of symptoms increases; consider **RED PATHWAY** services if concerns increase

If EPDS, PHQ -9
or GAD-7 is > 10
(moderate to high
risk) refer in to
RED PATHWAY

RED PATHWAY

Evidence of moderate- severe mental health concerns, refer to **Specialist Perinatal Mental Health** service - **020 3317 7114**

- If there is an immediate risk, refer to A & E; call ambulance if necessary
 - Ensure GP, MW and HV are informed
 - Inform GP urgently if women declines the help offered
- Continue to offer **GREEN PATHWAY** and **AMBER PATHWAY** support as appropriate for client

If the expectant mother has a current or pre-existing severe mental illness, for non-urgent care, refer directly to North London Partners specialist perinatal mental health service (**020 3317 7114**). If urgent care is needed, refer to the **ISLINGTON MENTAL HEALTH CRISIS TEAM (0800 917 3333)**

Postnatal Perinatal Mental Health Pathway for Islington

GREEN PATHWAY – THE UNIVERSAL OFFER

For ALL parents; those who have mental health concerns will be offered appropriate additional support **IN ADDITION** to the universal offer

- Offer the PREGNANCY AND POST-BIRTH WELLBEING PLAN and discuss use
- Support parent to develop a positive relationship with their baby
- Provide information about universal support for parents including Bright Start services, children's centres, infant feeding and voluntary sector organisations

At the new birth visit

- Ensure the parents have written information about emotional aspects of the transition to parenthood and about perinatal mental health. Advise to contact MW, HV or GP if they experience symptoms
- Ask about personal and family history of mental illness
- If there is a family history of severe mental illness AND concerns about a change in the woman's mental state, refer to the **RED PATHWAY**
- Screen for depression using the **WHOOLEY** questions and for anxiety using the **GAD-2** questions
- Be mindful of issues of language, culture and stigma that may affect parent's understanding of their mental health

At the 6 -8 week review/6 week contact with GP

Ask the Whooley questions again; be prepared to ask about mental wellbeing at future contacts if indicated

If **YES** to Whooley questions
OR if **GAD-2** score >3
OR if high risk
OR if clinical concerns,
assess using **EPDS** or
PHQ-9 and consider using
GAD-7 (see Appendix 1)

If EPDS,
PHQ-9 or GAD-7 is < 9 (low to moderate risk)
refer to **AMBER PATHWAY**

AMBER PATHWAY

Evidence of mild-moderate mental health concerns

- Ensure named MW, GP and HV are informed
- Offer HV Listening Visits
- Discuss with client referral to services eg iCope,
- Consider referral to Parent and Baby Service, Homestart and a New Parents Group
- Notify GP and HV if client declines support
- Offer wellbeing support as **GREEN PATHWAY**
- Ask about MH symptoms at every visit and inform named GP or HV if severity of symptoms increases; consider **RED PATHWAY** services if concerns increase

If EPDS, PHQ-9 or GAD-7 is > 10 (moderate to high risk)
refer in to **RED PATHWAY**

RED PATHWAY

Evidence of moderate- severe mental health concerns, refer to **Specialist Perinatal Mental Health service - 020 3317 7114**

- If there is an immediate risk, refer to A & E; call ambulance if necessary
- Ensure GP, MW and HV are informed
- Inform GP urgently if women declines the help offered
- Continue to offer **GREEN PATHWAY** and **AMBER PATHWAY** support as appropriate for client

Green Pathway – the Universal Offer

ALL clients should be offered universal support – the Green Pathway - IN ADDITION to any further services they require.

All parents-to-be should be given information about how to support good emotional and mental health during the perinatal period including, but not limited to;

- Recognising normal emotional changes in pregnancy and the postnatal period
- Recognising the impact that the hormonal, physical, social and relationship changes of pregnancy can have on emotional well-being
- Learning and practising skills such as relaxation techniques and mindfulness to support resilience
- Accessing support and advice to prepare for the next step of the pregnancy/parenting journey
- Developing a positive relationship with the baby, both antenatally and postnatally
- All parents should be offered a copy of the NICE endorsed Pregnancy and Post-birth Wellbeing Plan (Appendix 3) and encouraged to speak to their midwife, GP, health visitor, a friend or family member if they feel emotionally distressed at any time in the perinatal period.

Assessment

To be offered the green pathway ONLY, a woman will normally satisfy the following conditions:

- Have answered **no** to screening questions and shown **no** indication of the concerns below
- A current mental health problem which is impacting on their ability to function;
 - History of severe mental illness;
 - Prior perinatal mental health problems;
 - History of significant mental distress;
 - Professional concerns about attachment and bonding.

Approach

Parents and their families can be supported by Islington's universal services.

Universal preparation and support for parenthood

Bright Start – Universal support for families with babies and children up to age 5

- Baby feeding support and advice (1-1 and groups)
- ‘Nurturing your New Born’ antenatal workshops
- New Parents’ groups
- Stay and Play drop-ins and Baby Massage (groups)
- Parenting support (1-1 and groups) and speech and language support
- Midwifery, Family Support, Health Visiting, Early Education and childcare
- Help to find volunteering, training or work
- Benefits and Housing advice

Antenatal courses

- **Journey to Parenthood** – 6 week course in children’s centre

Peer Support

- **Bright Beginnings** - support to women from refugee and migrant communities
- **Birth Companions** – practical and emotional support for women with complex mental health and social problems
- **Home-Start** – support, friendship and practical help for parents

Online information, advice and helplines

- **NHS Choices** – reliable information on postnatal depression and related concerns
- **PANDAS Foundation** – help to support and advise parents experiencing a perinatal mental illness
- **National Childbirth Trust** – information on pregnancy, childbirth and parenthood
- **Cry-sis** – Support for families with excessively crying, sleepless and demanding babies
- **Association for Postnatal Illness** – Leaflets, information sources and a helpline
- **Baby Buddy app** – contains a wealth of NHS endorsed information about pregnancy and early parenthood that can be tailored to a women’s individual needs. Available in many different languages

Amber Pathway

Midwife or health visitor to monitor and coordinate mental health support

Some indication of intrusive emotional health concerns or possible attachment issues which may impact negatively on the parent-infant relationship and baby's development.

Assessment

To be offered the amber pathway, a woman will normally satisfy one of the following conditions:

- Answered **yes** to **one or more** of the four screening questions; and

Describes any of the **current difficulties** or has had **history** of any of the difficulties listed below:

Current Difficulties e.g.

- Intrusive stressors, e.g., relationship, finance, health
- Parental or professional concerns about bonding with the baby
- Parental couple or co-parenting difficulties
- Indications of mild/moderate depression (e.g. via **EPDS** or other tool)
- Intrusive sleep difficulties
- Previous difficult or traumatic birth or phobic about birth or pain
- Indications of a mild to moderate anxiety-related problem, e.g., feeling isolated, excessive worry, panic attacks, intense self-consciousness, phobic avoidance, obsessional behaviour, re-experiencing of a traumatic event.

History

- Previous contact with mental health services
- Prolonged use of antidepressant/ anxiolytic medication prescribed by GP
- Ambivalence about pregnancy/birth/motherhood
- Not bonding with child.

Approach

Answered **no** to the question “is this something you feel you need or want help with?”

- Parents may be managed at community level with additional input from midwifery / health visiting teams to support the social and emotional wellbeing of parent and child. They will continue to routinely screen the woman's mental health and wellbeing at regular contacts and encourage parents to access universal support.
- Encourage parents to consider the support available

Answered **yes** to the question “is this something you feel you need or want help with?”
The following support is available to be offered to the parent:

- 1. Couple relationship and co-parenting**
- 2. Parent-infant relationship**
- 3. Parental mental health**

1. Couples relationship and co-parenting

iCope

- offers Behavioural Couples Therapy (BCT) where the relationship itself is maintaining depression in at least one of the partners

Tavistock Relationships

- Offers relationship counselling, including an online service. They also offer Parents as Partners to support people who are co-parenting but are not in a relationship with each other
- As a charity, Tavistock Relationships charge for services although these are according to a sliding scale. They advise that ‘financial constraints should not stop you from accessing services’

2. Parent-infant relationship

Health Visitor Listening Visits

- Health visitors can offer a series of 4-6 LV in the family home to support parents who have mild to moderate mental health symptoms in the perinatal period.

Parent Baby Psychology Service (PBPS)

- Provided by CAMHS – parent-infant psychotherapy with parents and infant (or unborn) to support the attachment relationship

3. Parental mental health needs

Health Visitor Listening Visits - as above

iCope

- Offers time limited interventions including guided self-help sessions with a therapist, on-line self-help resources, cognitive behaviour therapy, couples therapy and counselling

UCLH Maternity

- Women’s health psychology service for women during the antenatal period who are booked at UCLH - **020 3317 7114**

Whittington Health Maternity

Women’s Health Psychology service during pregnancy and up to one year postnatally
– **020 7527 1538**

Red Pathway

Support co-ordinated by the Specialist Perinatal Mental Health Service

Evidence of severe mental health problems which are likely to have a detrimental impact on the mothers' wellbeing, on the parent-infant relationship and/or baby's development. Woman should also be referred if there is a personal or family history of bipolar disorder.

Assessment

A patient on the red pathway will normally be suffering from severe and/or enduring mental health issues. A patient should be identified for the red pathway if:

- During assessment, patient describes any of the below as current difficulties, or there is professional concern that they may harm themselves or their child.

Current Difficulties

- Severe anxiety or depression
- Unusual beliefs around self or baby, e.g., thoughts around being watched
- Feeling or hearing things that others cannot
- Markedly unusual behaviour, affect or manner of speaking

OR

- The patient has answered yes to **one or more** of the four screening questions; and
- The patient has a previous history of serious mental illness, such as bipolar disorder or psychosis and the health professional or the patient have concerns about relapse.

Approach

Where a moderate to severe mental health issue is identified in a woman who is pregnant or with a baby less than six months old, she should be referred to the North London Partners Specialist Mental Health Service. GPs, midwives, psychologists and HVs can refer using the hyperlink to the referral form below. Referrals are processed centrally, but should you wish to discuss concerns about a woman who is booked at, or who delivered at the UCLH or the Whittington, contact numbers are provided here.

North London Partners Specialist Perinatal Mental Health Service (SPMHS) is a community-based mental health team serving the needs of pregnant and postnatal women with moderate to severe mental health needs.

All referrals: 020 3317 7114
(Mon-Fri 9am-5pm)
cim-tr.ncl.perinatal@nhs.net

[REFERRAL FORM](#)

The SPMHS is not an emergency service. If someone's mental health is deteriorating to the extent that hospital admission is being considered, the mental health crisis team should be contacted. If the situation is urgent, the client should go to A & E; an ambulance can be called if necessary.

Crisis Care - Adult Mental Health Assessment and Advice Team

Comprehensive assessment of mental health needs

Contact: Telephone **020 3317 6333**. Open 24 hours 365 days a year

Appendix 1: Directory of Services

SUPPORT SERVICES AVAILABLE TO ISLINGTON RESIDENTS

Universal services

Bright Start – Universal support for families expecting a baby and with children up to age 5

Individual and group support for a wide variety of issues experienced by parents in the perinatal period

There are 16 Children’s Centres in Islington organised into the three Bright Start areas. Their services include:

- Antenatal parenting classes ‘Journey to Parenthood’ (6 week course)
- New Parents’ groups
- ‘Nurturing your New Born’ antenatal workshops
- Midwifery and health visiting services
- Baby feeding support and advice
- Postnatal and pregnancy yoga
- CAMHS services
- Family support (home visiting and 1-1 advice)
- Parenting support (1-1 and groups)
- Speech and Language services
- Help to find jobs and training
- Benefits advice
- Housing advice
- Stay and play drop-ins
- HV run child health clinics

Bright Start North
brightstartnorth@islington.gov.uk

Bright Start Central
brightstartcentral@islington.gov.uk

First point of call for all Bright Start enquiries is:

Family Information Service
020 7527 5959

Health Visitor Listening Visits (LV)

Support for any parent with mild to moderate depression or anxiety

Health visitors can offer a series of 4-6 LV in the family home to support parents who have mild to moderate mental health symptoms in the perinatal period. The visits are led by the needs of the parents and the health visitor will use techniques from motivational interviewing and non-directive counselling to support parents to reflect on their feelings and experiences, to think about ways to manage challenging thoughts, and to adapt to becoming a parent. An important part of LV is to help encourage sensitive and responsive parenting and offer containment at a time of significant change in the lives of the parent and their families. The waiting time for LV is often much shorter than for other targeted or specialist services and can usually begin within one or two weeks of being offered to a parent.

LV can be offered as a stand alone intervention or as support whilst a parent is waiting for an appointment with another service such as iCope or the Parent and Baby Psychology Service.

Bright Start Islington Health Visiting can be contacted via the 0-19 Service:

020 3316 8008

Islington Breastfeeding and Weaning Peer Support Team

Baby Feeding advice/
Breastfeeding peer support

The Breastfeeding Network in Islington (BfN) is commissioned by Public Health Islington to provide a universal, free breastfeeding peer support service in Whittington and UCLH hospitals, at drop-in groups across the borough and via telephone support and home visits. Breastfeeding peer supporters - mums who have breastfed their own babies before having training to help other mums - help Islington's families with feeding from pregnancy through infancy and beyond, aiming to make sure they have the information and support they need to achieve their breastfeeding goals successfully, comfortably and confidently.

Baby Feeding advice/ Breastfeeding peer support

020 3316 8439
whh-tr.IslingtonBreastfeeding
PeerSupport@nhs.net

Islington Perinatal Mental Health Champions

Islington Perinatal Mental Health Champions

- Deliver 'Perinatal Mental Health Awareness' training to multi-professional groups working in Islington
- Point of contact for information about local services

07831 122237
rebecca.stewart2@nhs.net

The Parent House

Skills training for parents

- The Parent House provides one to one mentoring support for Islington parents who are thinking about learning new skills. There is crèche provision for most of their courses. They aim 'to encourage and enable parents to develop confidence, skills and abilities so that they and their children can reach their full potential'.
- ESOL classes are provided
- Parents are welcome to drop in to chat to staff and other parents and discuss their support needs

55 Calshot St, Kings Cross,
London N1 9AS

020 7837 1383

Targeted Services

Family Nurse Partnership

1:1 Support for Teenage
Parents

Whittington Health provide a preventative support programme for first time young parents aged 19 or under

020 7527 1538

whh-tr.FNPWhittington@nhs.net

Journey to Parenthood

Solihull Antenatal Parenting
programme and birth
preparation class

An antenatal course which supports parents to adapt to the changes involved in becoming parents and provides an opportunity to ask questions about what to expect throughout pregnancy and beyond. The course covers: how to plan and prepare for labour, pain relief, relaxation skills, what to expect during the birth and how to feed and care for the baby when they arrive. It also helps parents to think about the kind of parent they want to be and supports them to understand the developmental needs of their baby as they grow. Mothers can be referred by their midwife, FSW or other care professional or can self-refer.

07887 627231

**whh-tr.journeytoparenthood@
nhs.net**

Homestart

Family Support

Homestart offers support and practical help to Islington residents with children under 5 years. No formal referral is required, and many families are signposted from social services. Homestart volunteers see vulnerable families and isolated parents, including those with twins or triplets, disability or housing difficulties, and mental health difficulties. This includes families in the antenatal period. Homestart offers face-to-face support, via one-to-one advice and counselling including home visits. Volunteers see families for 3-4 hours per week for several months. They offer practical and emotional support such as preventative and coping strategies, and signpost to other services. Homestart in Islington reopened its service in October 2018.

020 7424 1603
info@homestartcamden.org

IslingtonBreastfeeding
PeerSupport@nhs.net

Bright Beginnings

Bilingual Maternity Mentors

Based at Manor Gardens, Bright Beginnings offers support for pregnant women and those with young children from refugee and migrant communities via 5 bilingual maternity mentors who have been trained to deliver bilingual community workshops and other services on a range of key topics related to health and wellbeing during pregnancy and early childhood. Support, which is tailored to individual needs, can include referrals to specialist services, including Growing Together, and advocacy in appointments where required. Referrals can be made by any professional and clients can also self-refer

020 7561 5297
vanessa@manorgardenscentre.org

Early Help: Children and Families Contact Team

Early Support for families who are vulnerable or at risk.

- Islington council provides a single access point providing advice, information and support for children and young people who are vulnerable and at risk.
- The aim is for families to get help as early as possible, so things do not get worse – and, with the right help at the right time, things could actually improve.
- The Team is made up of staff from MASH, the Early Help Team and other Early Help and specialist services

If you are worried about a child or young person, please contact:
020 7527 7400 (9am to 5pm) / Out of Hours Tel: **020 7527 0992**

csctreferrals@islington.gov.uk

If you do not feel comfortable about telling us, or you are not sure if you are right, you can also speak to a health visitor, doctor or the NSPCC.

The Stress Project

The Stress Project provides a range of low cost therapies and wellbeing activities for people experiencing stress related illnesses or mental health problems. These include counselling, mindfulness courses, a drop-in service that offers reflexology and massage sessions and yoga and Pilates classes. Therapeutic gardening is also available.

020 7700 3938

Specialist Services

North London Partners Specialist Perinatal Mental Health Service

Providing support and treatment for women who are affected by significant mental illness in the perinatal period

The North London Partners SPMH service is the mental health team which serves the needs of pregnant and postnatal women with moderate to severe mental health needs who live in the boroughs of Camden, Islington, Barnet, Enfield and Haringey or who are booked at the associated maternity units – UCLH, the Whittington, Barnet General, the Royal Free and the North Middlesex. The team comprises of perinatal psychiatrists, clinical nurse specialists, a clinical psychologist and administrators.

The service is available Mon – Fri
9am-5pm
cim-tr.ncl.perinatal@nhs.net
020 3317 7114

The service assesses and treats mental health problems in women who are:

- planning a pregnancy and need advice
- currently pregnant,
- have had a baby in the past six months (with follow-up for up to 12 months)

The service sees:

- Women who are over 18 years old
- Women who are currently in the care of psychiatric services; or with a current or previous severe mental illness, including schizophrenia, bipolar disorder, postpartum psychosis, other psychotic disorders, severe affective disorder, severe anxiety disorders e.g. post-traumatic stress disorder, obsessive compulsive disorder, personality disorder

Practice Based Mental Health Team

Consultation and advice for primary care staff working with adult mental health issues

This team provides assessment, advice and consultation to GPs and other primary care professionals about the most appropriate course of treatment or intervention for adults with mental health difficulties. They do not see clients or offer treatment themselves. It is helpful to call the service prior to making a referral.

Referrals should be sent to
cim-tr.PCMH@nhs.net
020 3317 7300

Parent Baby Psychology Service (CAMHS)

Therapeutic support for parents who are concerned about their relationship with their baby

- Finding being a parent hard to cope with
- Experiencing difficult feelings stirred up as a result of becoming a parent
- Worried about their relationship with their baby
- Concerned about their baby's development
- An adoptive parent

Referrals accepted from health professionals. Please call first to discuss your referral with a CAMHS clinician

020 3316 1824

Mental Health Crisis Team

Help in a Mental Health Crisis

Camden & Islington NHS Foundation Trust Crisis and Resolution Team can be contacted for help 24 hours a day, 7 days a week.

020 3317 6333
(24hrs, 7 days a week)
www.candi.nhs.uk/contact-us/urgent-help

iCope

Psychological Therapies Service (IAPT)

- Offers easy access to a choice of evidence-based psychological therapies for adults with common mental health problems such as stress, anxiety and depression. They give priority to pregnant women and new parents.
- The service is delivered from GP surgeries and other local settings
- Offers time limited interventions. They mainly offer cognitive behavioural therapy with a very limited provision of other evidence-based treatments.
- Interventions also include guided self-help sessions, online self-help resources and workshops.

Self-referral
020 3317 7252
www.icope.nhs.uk

Or ask GP, HV or other health professional to refer you to the service.

Birth Companions

Support for women with complex social and mental health needs

- Birth companions supports women who may be facing a range of difficulties and issues including immigration and asylum, housing, a history of mental health problems, abuse, and/or substance misuse.
- Some of the women they work with in the community may have been in prison or may be at risk of detention.
- The Birth Companions Community Link project provides support for pregnant women and new mothers in the community who are isolated and in need of support.
- A Community Group allows new mums to meet together weekly to relax and learn together.

07930 371 383
info@birthcompanions.org.uk

Community Referrals:
helen@birthcompanions.org.uk

Whittington Women's Health Psychology

Specialist midwife and counselling service

- The service offers psychological support to women with a range of health including those occurring in the perinatal period. Can also offer support for birth trauma.

Clinical Health Psychology Service
020 7527 1538

UCLH Women's Health Psychological Services

Specialist psychiatry and psychology

Service for women who are booked at UCLH and are experiencing mental health difficulties in the antenatal period. They also see women postnatally who have been referred by the birth reflection clinic following birth trauma where assessment and short term intervention of around 4-6 sessions can be offered. Women can be referred onward if they are identified as having more severe trauma symptoms and need specialist, longer term treatment.

020 3317 7114
cim-tr.ncl.perinatal@nhs.net

ONLINE INFORMATION, ADVICE AND HELPLINES

NHS Choices

Advice & Support

Reliable information on postnatal depression and related concerns including symptoms and treatment advice

www.nhs.uk/conditions/Postnataldepression/Pages/Introduction

Baby Buddy app by Best Beginnings

App providing advice and support for parents in the perinatal period

Best Beginnings works to reduce inter-generational cycles of inequality by helping families in communities across the country to build their knowledge and confidence to look after their own and their children's health and well-being. The Baby Buddy app has been designed to empower patients with relevant knowledge, self-awareness and the confidence to look after their own and their baby's long term wellbeing and development. It contains a wealth of information to support parents with the challenges they face in the perinatal period, including clear information about PNMH issues. It has been downloaded over 200,000 times.

<https://www.babybuddyapp.co.uk/>

PANDAS Foundation

Perinatal Mental Health Advice & Support

Help support and advise parent experiencing a perinatal mental illness. Also to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.

Helpline 9am – 8pm
08081 961776
www.pandasfoundation.org.uk

National Childbirth Trust

Perinatal Mental Health Advice & Support

Explores questions most commonly asked about postnatal depression

Pregnancy & birth **0300 330 0772** /
Breast feeding **0300 330 0771**
Helplines 8am-midnight
www.nct.org.uk

Cry-sis

Families dealing with excessively crying baby	Support for families with excessively crying, sleepless and demanding babies.	Helpline 0845 122 8669 9am – 10pm, 7 days a week www.cry-sis.org.uk
Association for Postnatal Illness		
Perinatal Mental Health Advice & Support	Leaflets, information sources and a helpline with live chat option	Helpline 10am-2pm 0207 3860868 Live chat option www.apni.org
Solihull Online Parenting Resources		
Free online courses for parents and carers	These free online courses for parents and carers are based on the Solihull Approach to parenting which promotes emotional health and well-being by supporting relationships. Four courses are on offer and can be completed at your own pace and time, enabling dads, mums, dads and mums-to-be and carers to get advice and information to support them in their parenting roles from pre-birth onwards	Please contact parentingprogrammes@islington.gov.uk for information on accessing these courses

Appendix 2:

Screening for PNMH problems

The Whooley Questions

- During the past month, have you often been bothered by feeling down, depressed or hopeless?
- During the past month, have you often been bothered by having little interest or pleasure in doing things?

This can be followed up with:

- Is this something that you need or want help with?

GAD-2: 2-item Generalised Anxiety Disorder scale

- Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?
- Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?

Patient Health Questionnaire (PHQ-9)

Over the last two weeks, how often have you been bothered by any of the following problems?		Scores
Little interest or pleasure in doing things?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling down depressed or hopeless	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Trouble falling asleep or staying asleep, or sleeping too much?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling tired or having little energy?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Poor appetite or overeating?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling bad about your self –or that you are a failure or have felt yourself or	Not at all	0
	Several days	1

your family down?	More than half the days	2
	Nearly every day	3
Trouble concentrating on things, such as reading the paper or watching TV?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Thoughts that you would have been better off dead, or hurting yourself in some way?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
If you checked off any problems, how difficult have these problems made it for you to work, take care of things at home or get along with other people?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Depression severity:

0-4 None; 5-9 Minimal; 10-14 moderate; 15-19 moderately severe; 20-27 severe

Generalised Anxiety Disorder Questionnaire (GAD-7)

Over the last two weeks, how often have you been bothered by any of the following problems?		Scores
Feeling nervous, anxious or on edge?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Not being able to stop or control worrying?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Worrying too much about different things?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Trouble relaxing?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Being so restless that it is hard to sit still?	Not at all	0
	Several days	1
	More than half the days	2

	Nearly every day	3
Becoming easily annoyed or irritable?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3
Feeling afraid as if something awful might happen?	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Scores : 5 = mild anxiety; 10 = moderate anxiety ; 15 = severe anxiety

Further evaluation by GP/ specialist mental health service is required when the score is 10 or greater

Edinburgh Postnatal Depression Scale (EPDS)

Over the last one week, how have you felt?		Scores
I have been able to laugh and see the funny side of things	As much as I always could	0
	Not quite so much now	1
	Definitely not so much now	2
	Not at all	3
I have looked forward with enjoyment to things	As much as I ever did	0
	Rather less than I used to	1
	Definitely less than I used to	2
	Hardly at all	3
I have blamed myself unnecessarily when things went wrong	Yes, most of the time	3
	Yes, some of the time	2
	Not very often	1
	No, never	0
I have been anxious or worried for no good reason	No, not at all	0
	Hardly ever	1
	Yes, sometimes	2
	Yes, very often	3
I have felt scare or panicky for no very good reason	Yes, quite a lot	3
	Yes, sometimes	2
	No, not much	1
	No, not at all	0
Things have been getting on top of me	Yes, most of the time	
	I have not been able to cope at all	3
	Yes, sometimes I have not been coping as well as usual	2
	No, most of the time I have coped quite well	1
	No, I have been coping as well as ever	0

I have been so unhappy that I have had difficulty sleeping	Yes, most of the time	3
	Yes, quite often	2
	Not very often	1
	No, not at all	0
I have felt sad or miserable	Yes, most of the time	3
	Yes, quite often	2
	Not very often	1
	No, not at all	0
I have been so unhappy that I have been crying	Yes, most of the time	3
	Yes, quite often	2
	Only occasionally	1
	No, never	0
The thought of harming myself has occurred to me	Yes, quite often	3
	Sometimes	2
	Hardly ever	1
	Never	0

Scores: >12 likely depression

Appendix 3 – Pregnancy and Post-birth Wellbeing Plan

The Pregnancy and Post-birth Wellbeing Plan can be given to women at any stage of pregnancy or the postnatal period and is designed to help them think about how they feel emotionally and what support they might need in pregnancy and after the birth.

It is validated by the Royal College of Midwives, The Royal College of General Practitioners and the Institute of Health Visiting.

My pregnancy & post-birth wellbeing plan



This plan is to help you prepare the support you might need to look after your mental health. While coping with the physical changes in pregnancy, birth and beyond, your emotional health is important too. Many women feel anxious, unhappy, mentally distressed, depressed or even more severely mentally unwell during this time, which can be unexpected.

This plan is to help you think about the support you might need to look after your mental health and wellbeing. It is your decision whether to share it with anyone else

You may have mixed emotions about your pregnancy and your baby. This is completely normal. Here are some common signs that you should talk through with your midwife or health visitor:

- Tearfulness
- Feeling overwhelmed
- Being irritable/arguing more often
- Lack of concentration
- Change in appetite
- Problems sleeping or extreme energy
- Racing thoughts
- Feeling more anxious
- Lack of interest in usual things

Some women can also have:

- Intrusive thoughts
- Suicidal thoughts
- Strict rituals and obsessions
- Lack of feelings for their baby

Often your friends and family will spot that things aren't quite right before you do.

I will ask and talk to them about things troubling me.*

Also, ask yourself...

Am I the sort of person who accepts that I'm unwell? ?

How might I start the conversation if I feel embarrassed? ?

Who else can I turn to if I don't feel listened to or supported? ?

* You may want to share this Wellbeing Plan with them

How am I feeling?

Take a moment to write about how you feel now, your thoughts about the birth and how you feel about your baby.

☹️ 😊 😊 😊

Talking about how you are feeling helps you get through the exciting yet challenging time of becoming a parent. It doesn't matter who you talk to, but it is worth having someone in mind that you can trust and who can support you if needed. One of the first steps to getting better is knowing and accepting that you are unwell.

Being prepared: help and support

Finding support can be tricky, especially if you are on your own. Starting to look at local activities and groups during your pregnancy can be a good way to meet new friends and mums in your area. Look in the local children's centre and on the Netmums website for antenatal classes, baby massage, antenatal and postnatal exercise groups, new mums groups and so on.

It is never too early to start meeting other pregnant women and new mums, or being active to support your mental health.

The following groups/classes are local to me:

Who could I ask if I need help with practicalities, such as shopping, tidying up and babysitting?

People I can call on are:

Ways to cope: what might appeal to me?

Talking to someone I trust about how I feel, such as a parent, sibling, partner or trusted friend

Talking to my midwife or health visitor about how I feel
Keeping active

Having a healthy diet

Finding out about different ways to relax, such as yoga, meditation

Asking for help with things at home, like chores and babysitting

Asking for support if I am worried about my baby

Finding out about how to change my thinking patterns

Discussing the possibility of counselling or medication with my GP

Keeping a journal of my feelings though pregnancy and beyond

Remember...

- Feeling emotionally unwell is common. It is nothing to be embarrassed about.
- Talking about it is the best first step in getting the right support.
- It can happen to anyone, whether you have a history of mental illness or not.
- If you have suffered before, it doesn't mean it will happen again.
- Being prepared can make a big difference, so you've taken the first step by using this plan

Record contact details here of a professional who should be able to help you or let you know of other support available if you are concerned about how you are feeling.

Midwife:

.....

Health visitor:

.....

GP:

.....

Other:

.....

- You can also fill this out online at www.tommys.org/wellbeing-plan
- or more info and a full list of support organisations, national and local, visit www.tommys.org/mh-support or ring the Tommy's FREE PregnancyLine on 0800 147800
- Find more information at www.tommys.org/mentalhealth



Endorsed by NICE (National Institute for Health and Care Excellence)
Find out more at www.tommys.org/pregnancy/wellbeing

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