

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**

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

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