

Scottish Perinatal Mental Health Care Pathways

1

Preconception advice for women with pre-existing severe or complex mental health problems

2

Psychological interventions for women with common or mild to moderate mental health problems

3

Specialist assessment and intervention for women with severe or complex mental health problems

4

Admission to an MBU

5

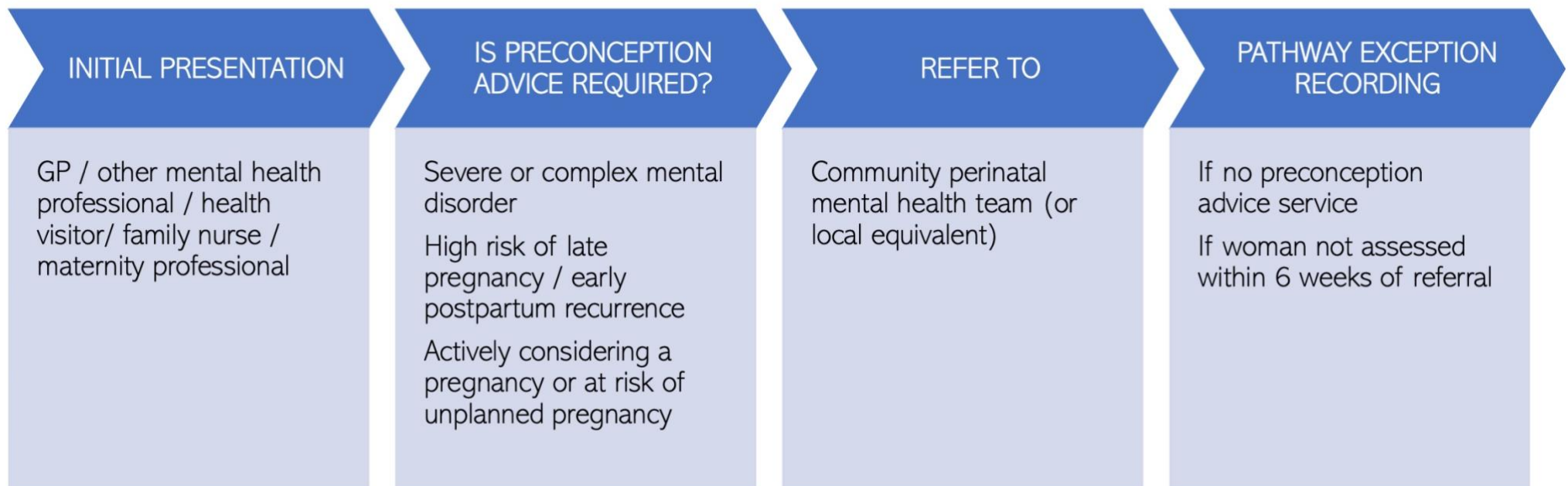
Specialist assessment and intervention for mother-infant relationship difficulties



Scottish Perinatal Mental Health Care Pathways

PATHWAY 1

Preconception advice for women with pre-existing severe or complex mental health problems



Scottish Perinatal Mental Health Care Pathways

PATHWAY 2

Psychological interventions for women with common or mild to moderate mental health problems

INITIAL PRESENTATION

GP / maternity professional / neonatal professional / health visitor / family nurse / other mental health professional / acute and emergency services / social services

IS MNPI REFERRAL APPROPRIATE?

Mental health problems that:

- Arise from pregnancy/ birth/ neonatal complications or loss
- Disrupt maternity care
- Disrupt parent-infant relationships
- Interfere with daily life

Intervention is psychological in nature
CMHT/ CPMHT/ MBU care is usually not required

REFER TO

MNPI services for problems related to current/ past pregnancy, birth or neonatal care
Perinatal/ general adult mental health clinical psychology service (if no MNPI)
Primary care/ 3rd sector psychological interventions services for problems not related to pregnancy, birth or neonatal care

PATHWAY EXCEPTION RECORDING

If no MNPI or equivalent psychological service available



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PATHWAY 3

Specialist assessment and intervention for women with severe or complex mental health problems

INITIAL PRESENTATION

GP / maternity professional / neonatal professional / health visitor / family nurse / other mental health professional / acute and emergency services / social services

IS CPMHT REFERRAL APPROPRIATE?

Complex/ severe mental health problem requiring 2^o care assessment*
Currently well but at high risk of major illness
Mild to moderate mental health problems + family history of affective psychosis
*Altered (lowered) perinatal thresholds

REFER TO

Community perinatal mental health team
Unscheduled care service

PATHWAY EXCEPTION RECORDING

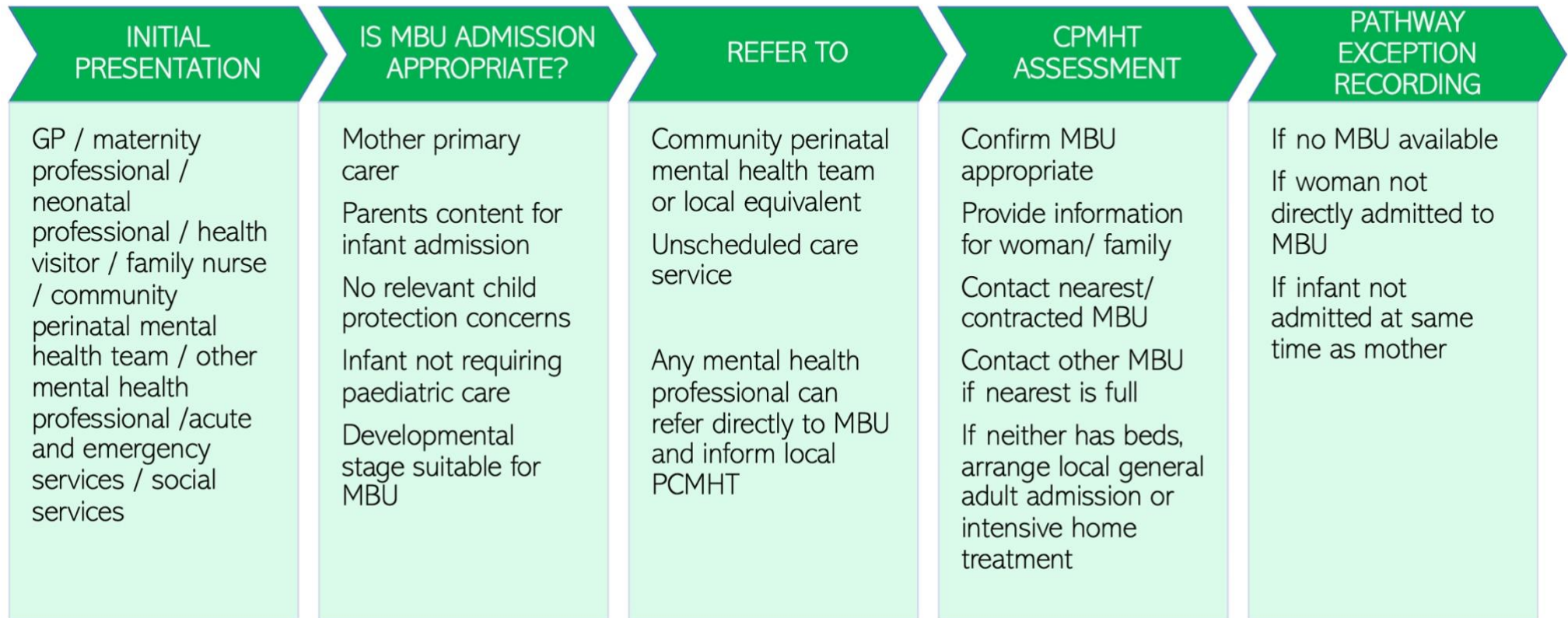
If referrals not routinely accepted from maternity or health visiting professionals
If CPMHT not notified of currently well women at high risk of early postpartum recurrence
If referrals not assessed within 6 weeks of referral



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PATHWAY 4

Admission to a mother and baby unit



Scottish Perinatal Mental Health Care Pathways

PATHWAY 5

Specialist assessment and intervention for mother-infant relationship difficulties

