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Preconception advice for women with pre-existing severe or complex mental health problems	Psychological interventions for women with common or mild to moderate mental health problems	Specialist assessment and intervention for women with severe or complex mental health problems	Admission to an MBU	Specialist assessment and intervention for mother- infant relationship difficulties







PATHWAY 1		Preconception advice for women with pre-existing severe or complex mental health problems				
INITIAL PRESENTATION		ONCEPTION REQUIRED?	REFER TO	PATHWAY EXCEPTION RECORDING		
GP / other mental health professional / health visitor/ family nurse / maternity professional	Severe or co disorder High risk of pregnancy / postpartum Actively cons pregnancy o unplanned p	early recurrence sidering a r at risk of	Community perinatal mental health team (or local equivalent)	If no preconception advice service If woman not assessed within 6 weeks of referral		





PATHWAY 2		Psychological interventions for women with common or mild to moderate mental health problems				
INITIAL PRESENTATION	IS MNPI REFERRAL APPROPRIATE?	REFER TO	PATHWAY EXCEPTION RECORDING			
GP / maternity professional / neonatal professional / health visitor / family nurse / other mental health professional / acute and emergency services / social services	 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 	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/ 3 rd sector psychological interventions services for problems not related to pregnancy, birth or neonatal care	If no MNPI or equivalent psychological service available			







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

INITIAL PRESENTATION	IS CPMHT REFERRAL APPROPRIATE?	REFER TO	PATHWAY EXCEPTION RECORDING
GP / maternity professional / neonatal professional / health visitor / family nurse / other mental health professional / acute and emergency services / social services	Complex/ severe mental health problem requiring 2° 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	Community perinatal mental health team Unscheduled care service	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







PATHWAY 4		Admission to a mother and baby unit					
INITIAL PRESENTATION	IS MBU ADMISSIO APPROPRIATE?	N	REFER TO		CPMHT ASSESSMENT		PATHWAY EXCEPTION RECORDING
GP / maternity professional / neonatal professional / health visitor / family nurse / community perinatal mental health team / other mental health professional /acute and emergency services / social services	Mother primary carer Parents content for infant admission No relevant child protection concerns Infant not requiring paediatric care Developmental stage suitable for MBU		Community perinatal mental health team or local equivalent Unscheduled care service Any mental health professional can refer directly to MBU and inform local PCMHT		Confirm MBU appropriate Provide information for woman/ family Contact nearest/ contracted MBU Contact other MBU if nearest is full If neither has beds, arrange local general adult admission or intensive home treatment		If no MBU available If woman not directly admitted to MBU If infant not admitted at same time as mother

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PATHWAY 5		Specialist assessment and intervention for mother-infant relationship difficulties					
INITIAL PRESENTATION	RELA INTER	HER-INFANT TIONSHIP EVENTION DUIRED?	REFER TO	PATHWAY EXCEPTION RECORDING			
Family member, incl. the mother herself / GP / health visitor / family nurse / maternity professional / MNPI service / other mental health professional / social services / 3 rd sector	Concerns reg	ption, in postnatally ot concern mother and ing to get on	Perinatal mental health team parent-infant therapist or Infant mental health service or Regional parent-infant service	If no specialist service available and If there are problems accessing regional service or local parent- infant/infant mental health team			

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