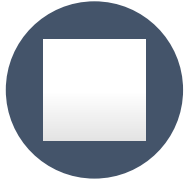




Perinatal Mental Health

Introduction



TO INTRODUCE YOU TO



COMMON MH
PROBLEMS AND THEIR
MANAGEMENT IN
PREGNANCY AND THE
POST NATAL PERIOD.



SAFETY OF
MEDICATIONS IN THE
PREGNANCY AND
LACTATION.



RISK ASSESSMENT
PRINCIPLES



AVAILABLE SERVICES
AND HOW TO ACCESS
THEM.

Aims of the teaching



Don't come in, I'm sorry': Pregnant mother, 36, with severe post-natal depression hanged herself in a cupboard just weeks before she was due to give birth to her second baby who also died

'I wanted to throw myself and my beautiful baby girl under a bus,' says CLOVER STROUD: After the deaths of two mothers with postnatal depression, a powerful insight into how it can hit even the happiest women

Doctors in London are to get special medical and emotional help after a brilliant young psychiatrist killed herself and her baby daughter.

JEWELLERY EXPERT TRAGEDY

Antiques Roadshow mum with post-natal psychosis died after being restrained by medics



INDY/PULSE

POSTPARTUM PSYCHOSIS: HOW JESSICA PIDSLEY WAS DRIVEN TO THE EDGE BY THE RARE ILLNESS

Lifestyle | Health and Fitness

Body | Mind | Nutrition

🏠 Lifestyle · Health and Fitness · Body

'It's like a death sentence' - The heartbreaking truth about postnatal depression

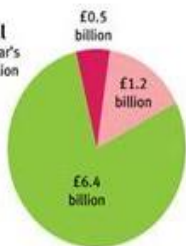
Mother who suffocated her baby found not guilty of murder as she was suffering from postpartum psychosis

Drivers for Change

Key points from the report

Known costs of perinatal mental health problems per year's births in the UK, total: £8.1 billion

health and social care
other public sector
wider society



Bauer, 2014

Women in a quarter of the UK are still without access to vital specialist perinatal mental health services



Turn The Map Green

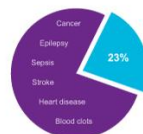
www.maternalmentalhealthalliance.org/campaign



Key messages from the report 2015



Mental health matters



Almost a quarter of women who died between six weeks and one year after pregnancy died from mental-health related causes



1 in 7 women died by Suicide

Specialist perinatal mental health care matters*



If the women who died by suicide became ill today:

- 40% would not be able to get any specialist perinatal mental health care.
- Only 25% would get the highest standard of care.

It's OK to tell

The mind changes as well as the body during and after pregnancy.

Women who report:

- New thoughts of violent self harm
- Sudden onset or rapidly worsening mental symptoms
- Persistent feelings of estrangement from their baby



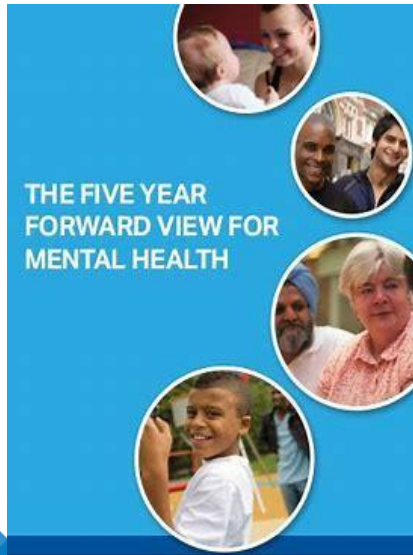
need urgent referral to a specialist perinatal mental health team

*Mapping data from the Maternal Mental Health Alliance (<http://everyonesbusiness.org.uk>)

Complete transformation of perinatal mental health services nationally is underway



Greater Manchester
Mental Health
NHS Foundation Trust



£365 million investment by 2020/21
30,000 more women each year should receive access to:

- Evidenced-based specialist support
- Timely care
- Closer to their home
- Including access to psychological therapies
- With the right range of specialist community or inpatient care

Improving Lives

Complete transformation of perinatal mental health services nationally is underway



Greater Manchester
Mental Health
NHS Foundation Trust

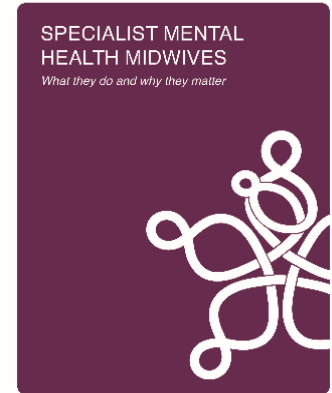


Better Births: Recommendations



There should be rapid referral and access to more specialist services when they are needed, including obstetric services in hospital, and in more specialist centres; perinatal mental health services; fetal medicine and neonatal and paediatric services if they are needed once the baby is born. (*Better Births 4.33-4.36*)

Providers should work together as part of a Local Maternity System to ensure that women and their babies are kept as safe as possible. Specialist care should be accessible when needed, and all providers should operate under **shared clinical governance protocols**. (*Better Births 4.93-4.98*)



Improving Lives

THE 1001 CRITICAL DAYS MANIFESTO IS CALLING FOR A REFOCUSING OF SUPPORT FOR A BABY'S FIRST 1001 DAYS.

IDENTIFYING NEED EARLY IS CRITICAL TO PREVENTING THE ABUSE AND NEGLECT OF BABIES AND IMPROVING THEIR EMOTIONAL WELLBEING.

A BABY'S DEVELOPMENT CAN BE DRAMATICALLY IMPROVED WITH EARLY AND EFFECTIVE SUPPORT FOR PARENTS.

PREGNANCY AND THE SECOND YEAR ARE A CRITICAL STAGE IN A CHILD'S DEVELOPMENT.

DAMAGE EARLY ON CAN CAUSE STRESS-RELATED CONDITIONS IN ADULT LIFE, SUCH AS HEART DISEASE OR SUBSTANCE ABUSE.

INFANTS AS YOUNG AS ONE CAN EXPERIENCE TRAUMA FROM WITNESSING DOMESTIC ABUSE.

HIGH LEVELS OF STRESS IN EARLY CHILDHOOD CAN BE 'TOXIC' TO THE DEVELOPING BRAIN.

36% OF SERIOUS CASE REVIEWS - INTO DEATHS OR SERIOUS ABUSE - INVOLVE A CHILD UNDER ONE.

26% OF BABIES IN THE UK HAVE A PARENT AFFECTED BY DOMESTIC VIOLENCE, MENTAL HEALTH OR DRUG/ALCOHOL PROBLEMS.

DOMESTIC VIOLENCE AFFECTS 39,000 BABIES

MENTAL HEALTH PROBLEMS AFFECT 144,000 BABIES

DRUG OR ALCOHOL PROBLEMS AFFECT 109,000 BABIES

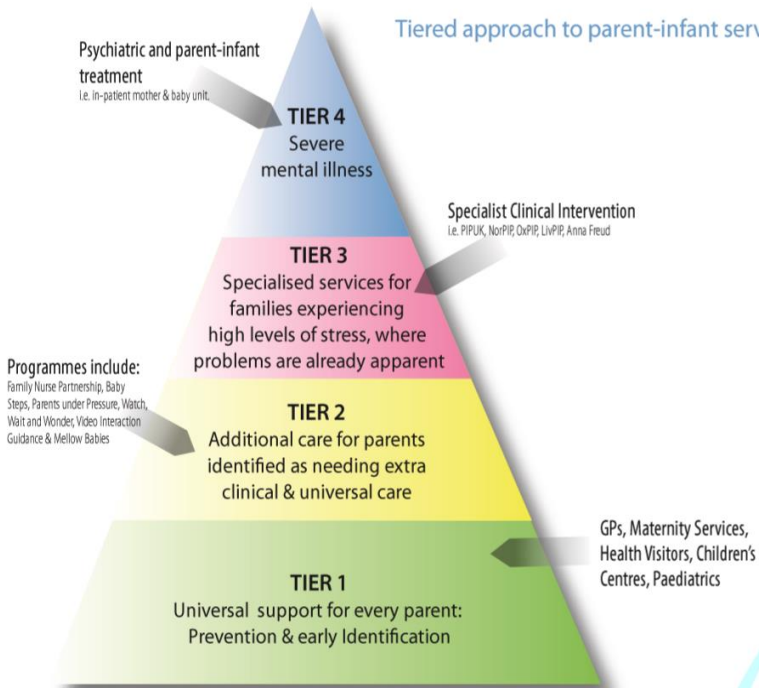
AT LEAST ONE OF THESE ISSUES APPEARS IN OVER 70% OF CASES WHERE A BABY HAS BEEN KILLED OR SERIOUSLY INJURED.

NSPCC
Cruelty to children must stop. FULL STOP.

ADAPTED FROM THE NSPCC'S 2011 ALL BABIES COUNT CAMPAIGN

1001 Critical Days

Tiered approach to parent-infant services

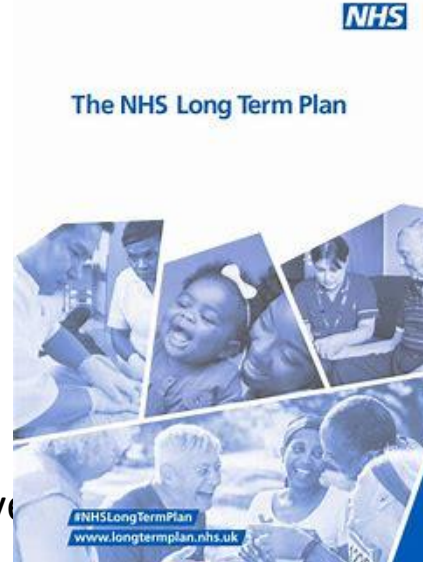


Next steps...

Long-term steps:

NHS Long-term view:

- More women to be seen – 24,000 more women and families each year
- The first 1001 critical days
- New clinics joining up maternity, reproductive health and perinatal mental health teams
- Mental health check for partners
- Increased access to psychological therapies





Questions?

