

Perinatal Mental Health Strategy 2018 - 2021

The Need



Perinatal mental health refers to the period from conception to the child's first birthday



Up to **25%**

Of perinatal women will experience difficulties with their mental health

Suicide

Is a leading cause of death for women during the perinatal period



Long Shadow

These difficulties can have a powerful impact on Mum and family, and can have life-long consequences for baby

Our Vision

Family & Community Support



Secondary (physical health, mental health and social) care

Effective, well integrated perinatal and parent infant healthcare pathways with parents and infants at their heart.

Family Focussed Commissioning

Primary (physical health, mental health and social) care

Perinatal and infant mental health is everyone's business.

Core principles of our strategy



#1

Collaboration

- Supporting co-production with families across the region
- Supporting the development & integration of sustainable services across the whole pathway
- Hosting a multi-professional perinatal network and subgroups to develop best practice



#2

Timeliness

- Supporting women and their babies to access expert care at the right time and in the right place via the development of specialist teams and Mother and Baby Units
- Supporting services to prioritise families in the perinatal period



#3

Quality

- Promoting regional excellence & supporting stakeholders to meet the requirements set out within national standards
- Supporting the dissemination & implementation of national guidance, local tools and resources to improve planning, delivery and integration across the whole care pathway



#4

Family Focussed

- Supporting access to family friendly perinatal & infant mental healthcare
- Encouraging services to 'keep the baby & family in mind' when developing new initiatives
- Supporting initiatives to reduce stigma and promote dialogue