

Maternal Mental Health / Referral Route Guideline—Cumbria

Maternal Perinatal Mental Health Risk Factors

- Previous mental illness
- Social, environmental and economic
- Previous experience of abuse, trauma and significant loss
- Domestic violence
- Very young parents
- Poor support networks
- Traumatic birth
- Alcohol and substance misuse

Mental Health Disorders

- Depression
- Puerperal Psychosis
- Bipolar Disorder
- Schizophrenia
- Generalised Anxiety Disorder
- Panic Attacks
- Agoraphobia
- OCD
- Eating Disorders
- Post Traumatic Stress Disorder
- Personality Disorder

Consider Resilience / Protective Factors:

New Horizons A framework for developing well-being (DOH 2010)

- Strong social support
- Supportive partner
- Self esteem / autonomy
- Emotional and social literacy
- Good physical health
- Socio economic factors: access to resources
- Personality factors
- Genetics, maternal care, upbringing and early experiences
- Age

Signs and Symptoms of perinatal depression (for most of the day for at least 2 weeks)

- Low mood
- Lack of interest/pleasure in things
- Appetite changes
- Sleep disturbance (not due to baby)
- Restlessness/ agitation
- Lack of energy/ slowed down
- Difficulty with concentration
- Worried/ anxious
- Feelings of guilt
- Suicidal ideation

Vulnerability/ risk factors for perinatal depression

- current symptoms of depression
- Previous perinatal depression
- Recent stressful life events
- Lack of social support
- Lack of confiding relationship

Signs and Symptoms of Puerperal Psychosis

- Elated mood
- Strange/ odd ideas
- Bizarre behaviour
- Over activity

Risk factors for Puerperal Psychosis

- Previous puerperal psychosis
- Family history of affective psychosis (1:2 risk if maternal mother)
- Current/ history of affective psychosis/ bi-polar disorder
- Previous treatment with mental health medication (anti-psychotic)
- Previous hospital admission for mental health problem
- Currently receiving specialist mental health care

Referral Routes

Offer support and multi-agency interventions via Common Assessment Framework
 Safeguarding Concerns → Liaise with/refer to Access + Safeguarding Team

Risk Factors	<p>LOW</p> <p>*no identified risk</p> <p>*no current signs or symptoms</p> <p>*no known history of mental health Problems</p> <p>Routine universal MW /HV Care</p> <p>Routine support groups provided by Health, Children’s Centres and Third (voluntary) Sector</p>	<p>MILD</p> <p>*signs and symptoms of mild depression/ anxiety</p> <p>*risk factors for PND identified</p> <p>*No or low risk of harm to self or other</p> <p>Management by MW/HV/GP (Progressive Universalism)</p> <p>Routine MW/HV Universal care + additional primary care support (eg listening visits, support groups)</p> <p>No change, minimal improvement or moderate deterioration</p> <p style="text-align: center;">↓</p> <p>Refer to First Step</p> <p style="text-align: center;">Under 18 Ref CAMHS</p>	<p>MODERATE</p> <p>*signs and symptoms of mild to moderate Depression/anxiety</p> <p>*risk factors for PND identified with low risk of harm to self or others</p> <p>Management in Primary Care</p> <p style="text-align: center;">↓</p> <p>Refer to First Step</p> <p style="text-align: center;">Under 18 Ref CAMHS</p> <p>Or Management in Secondary Care if:</p> <p>*previous serious mental health problems including puerperal psychosis/ severe PND but currently well Moderate to severe risk</p> <p style="text-align: center;">↓</p> <p>Refer to Single Point of Access (SPA)</p>	<p>HIGH</p> <p>*signs or symptoms of severe depression/ Serious mental health problems</p> <p>*risk factors for P.P Identified</p> <p>*increased risk identified to self or others</p> <p>Management in Secondary Care</p> <p style="text-align: center;">↓</p> <p>Refer to SPA</p> <p style="text-align: center;">Under 18 Ref CAMHS</p> <p>(Management Plan formulated by Secondary Services)</p>	<p>URGENT</p> <p>*significant signs or symptoms of P.P</p> <p>*other severe mental health problems identified with high risk to self or others that requires immediate intervention</p> <p>Management in Secondary Care</p> <p style="text-align: center;">↓</p> <p>Refer to: SPA</p> <p>Out of hours: Crisis Resolution Home Treatment team (CRHT)</p> <p style="text-align: center;">Under 18 Refer-CAMHS</p> <p>(Management Plan formulated by Secondary Services)</p>
Refer to:					