

# Our Plan for Improving Perinatal and Infant Mental Health Outcomes in Gloucestershire

We are working with colleagues in our community to make perinatal mental health a priority.

These are the key elements of our strategy:

Raise awareness of perinatal mental health issues in order to reduce stigma and increase early identification

Empower a skilled workforce by providing them with additional training to enable them to provide better care for women with mental health issues and their babies

Offer a range of ways to access support in the community to meet the needs of women and their partners

Ensure effective joined up working between all the professionals involved in women's care

Introduce a Specialist Perinatal and Infant Mental Health Team so that women get expert help when they need it including pre-conceptual advice and support

