

## Call to ACT

The Maternal Mental Health Alliance's Everyone's Business campaign is calling for all women throughout the UK with perinatal mental health conditions to receive the treatment they need, where and when they need it, as outlined in numerous national guidelines.

# Take Action

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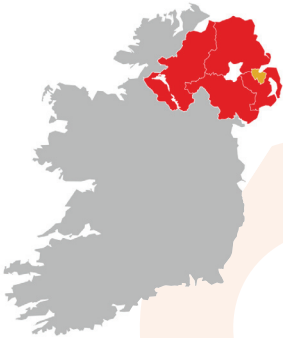
#everyonebusiness

## Urgent action needed for women and families in Northern Ireland



By **Shona Hamilton, Perinatal Mental Health Lead for the Royal College of Midwives, Northern Ireland**

I have spent ten years campaigning for better perinatal mental health services in Northern Ireland but, despite the rhetoric, women and families are still being let down by the lack of appropriate care. The Everyone's Business Campaign has long highlighted the alarming gaps in specialist care for perinatal mental health in Northern Ireland. There is no specialist inpatient mother and baby unit (MBU) in Northern Ireland (in fact there are no MBUs on the whole island of Ireland) and only a single specialist perinatal mental health service located in Belfast.



Level	Health and Social Care Trust Name
Belfast	
Northern	
Southern	
Western	
South Eastern	

Minimal progress has been made. Despite recommendations made earlier this year by the **Regulation and Quality Improvement Authority (RQIA)**, action has been scarce. The absence of a devolved government risks delaying vital decisions and prolonging a situation where women are simply unable to access the care and support they need.

Evidence points to investment as key to improving services and **turning the map green**. Health professionals recognise the need for specialist services and a perinatal mental health pathway has been developed in Northern Ireland; tragically, without resources on the ground and investment from government, women and families will continue to be at risk.

## Campaign update: Call to Act **NOW**

In the first phase of the Campaign the focus was on the **Call to ACT** (Accountability, Community and Training) to help end the postcode lottery for women trying to access specialist perinatal mental health services. Together we have made significant progress towards our goals thanks to the combined efforts of MMHA members and other supporters. But there is still work to be done.

There is now a precious window of opportunity to make a difference for women and families. Your continued support is needed to focus our collective efforts on three priorities **NOW** and help **turn the map green**.

**N**ew funds announced for specialist community multi-disciplinary perinatal mental health services must not be wasted, absorbed elsewhere or misspent – they should deliver well-planned and coordinated services in England and Wales

**O**utstanding areas of need must be funded in Scotland, Northern Ireland and Wales

**W**omen and families must have access to specialist multi-disciplinary perinatal mental health services as part of an integrated pathway of care

### Download the full **Call to Act NOW** on our website

The Campaign will be using the **Call to Act NOW** to plan its work over the coming months.

Please **share with us** your ideas for joint working and any reports or activities you have planned which we may be able to support.

In addition, please consider using the **Call to Act NOW** in your work.

## Progress made

Progress is being made towards achieving the aims of the **Call to ACT** and this year we have seen some fantastic developments in perinatal mental health.

### These include:

- ✓ £40m allocated for specialist perinatal mental health services by NHS England in Wave 1 with a further £20m being allocated in Wave 2
- ✓ The development of a Scottish Managed Clinical Network for perinatal mental health
- ✓ All seven Health Boards in Wales have received additional dedicated funding for specialist perinatal mental health services
- ✓ New Mother and Baby Unit (MBU) beds announced in England

Thank you for your hard work this year. 2018 will be a vital chance to ensure the precious opportunity to **turn the map green** is not lost. We look forward to working together with you to achieve change for women and their families.

## Has your local area received Wave 1 funding for specialist services?

Check out the Campaign's **regional dotted maps** to find out. The maps highlight the four NHS England regions, showing where dedicated funding has been allocated for specialist perinatal mental health services and where action is still need to **turn the map green**.

Let's turn the map green

The bid process for Wave 2 funding for specialist services is expected soon

Have you seen the MMHA's **top tips for preparing a strong bid?**



## Why specialist services?

### View from a National Mental Health Director

"Specialist perinatal mental health services are a vital component of a modern health system. Such services touch lives in ways that transform early years development and help mother, baby and indeed partners to cope with serious mental health problems at a precious and vulnerable time. Evidence-based treatments, expertise and care are provided by perinatal mental health specialists who also recognise the important role of midwives, health visitors, GPs, obstetricians and other health professionals."

Claire Murdoch  
National Mental Health Director, NHS England



### View from an Expert by Experience

"In my first pregnancy, OCD led to all-consuming terror and to feeling like I couldn't go on. I told 11 different professionals. I felt desperate, exhausted and invisible. In my second pregnancy I received coordinated services: medication, supportive frequent visits from specialist perinatal mental health staff and talking therapies. Completely life-changing for our family."

Kirsten, mum with lived experience from Peterborough



# Ministerial Roundtable

On 4th December the Campaign hosted a Ministerial Roundtable with Jackie Doyle-Price, Minister for Care and Mental Health. The roundtable is key for the MMHA as we bring together national stakeholders to discuss the state of perinatal mental health and gain commitments to keep moving towards improvements. These new commitments will be published soon.

Minister for Care and Mental Health, Jackie Doyle-Price, made her **first visit to a Mother and Baby Unit** last month.

**"I thoroughly enjoyed my recent visit to the Rainbow Mother and Baby Unit in Chelmsford and getting to speak to the very engaged and passionate staff there. I was pleased to tour the unit and see first-hand the great care that the patients were receiving."**



## Mental health championed at Buckingham Palace

On World Mental Health Day, 10th October, Campaign Director Emily Slater was invited to a **Buckingham Palace reception** hosted by the



Duke and Duchess of Cambridge and Prince Harry, acknowledging the contributions of all of us working tirelessly in the UK mental health sector.



Emily said: "Stephen Fry summed up – for me – the atmosphere and significance of the event (to paraphrase): 'Whatever your politics, having a mental health event being held in this building [Buckingham Palace] is huge cause for celebration

– for mental health to be being discussed and championed by the Royal Highnesses helps to bring mental health into the light.' "

## Saving Lives, Improving Mothers' Care



This **report** highlighted that maternal suicide is the third largest cause of direct maternal death in the first few weeks, and is the leading cause of death when looked at over a year. 1 in 9 women who die during pregnancy or up to one year after pregnancy die by suicide. High quality care and support for perinatal mental health is desperately needed for these women to prevent deaths and identify women at risk as early as possible. Let's **turn the map green** and save lives.

## Wales

### New MBU recommended for Wales

A recent report from a National Assembly for Wales committee included a **series of recommendations** to improve perinatal mental health care across Wales, including the re-opening of a Mother and Baby Unit. The additional funding pledged (**£7.5 million** in total, £1.5m per year over 5 years) for specialist community services in Wales is a significant step forward but more investment is required to bring services in-line with national quality standards.

#### Key recommendations

- Re-establishing a Mother and Baby Unit in Wales
- Establishing a Managed Clinical Network
- Working with relevant bodies to ensure that perinatal mental health is included in training for health professionals
- Undertaking a public awareness campaign

MMHA Chair, Alain Gregoire, **sent a letter** in response to the report, welcoming its publication and encouraging action on the recommendations to help **turn the map green** in Wales.

## Scotland

Steps are gradually being made towards better perinatal mental health services in Scotland:

- The Minister for Child Care and Early Years, Maree Todd, has agreed to take forward a motion in Parliament to introduce the Everyone's Business Campaign to parliamentarians
- Campaign present within Scottish Government Mental Health Strategy (2017-27) reference group
- Meeting scheduled with Scottish Government Principal Medical Officer

# Rate your perinatal mental health service against national standards

Download the Maternal Mental Health Alliance's **MABIM Mapping tool** which has seven themed worksheets, setting out key standards for perinatal mental health services and pathways that should ideally exist in each local area. Further tools can be accessed here: <http://bit.ly/2BagiFo>



## Comic Relief hosts event for maternal mental health grantees

Thank you to our funder Comic Relief for hosting a stimulating event in September for organisations in receipt of grant money for maternal mental health.

The Everyone's Business team shared an update on the national context for perinatal mental health and learnt more about the crucial work of local perinatal mental health charities and organisations across the UK. Success comes when we all work together to ensure woman and families have access to high quality services right across the care pathway.

## Media moments

**Mental health care for new mothers in Wales 'unacceptable'** – BBC

**The Duchess of Cambridge hosts roundtable discussion on maternal mental health with key stakeholders including the MMHA** – Hello magazine

**Maternal mental health: how far have we come?** – BBC



**Campaign maps highlighted at the #HopeNov20 event in Parliament by MP Norman Lamb who said: "There's too much red on this map"** – Twitter

## Fingertips tool

Public Health England has launched an interactive web platform, the **Fingertips tool**, providing data across a range of health and wellbeing themes. The **Perinatal Mental Health profile** is part of this tool and provides easy access to perinatal mental health related data in thematic profiles.

### It aims to:

- Support perinatal mental health care planning and commissioning in local areas
- Help ensure women who become unwell get the right help, in the right place, at the right time
- Plan workforce needs

Indicator	Period	England	Central Midlands NHS region	NHS Bedfordshire CCG	NHS Derby CCG	NHS East and North Hertfordshire...	NHS East Leicestershire and Rutli...	NHS North Yorkshire CCG	NHS Leicester City CCG	NHS Leicestershire East CCG	NHS Leicestershire West CCG	NHS Luton CCG	NHS Milton Keynes CCG	NHS Nene CCG	NHS South Leicestershire CCG	NHS South West Leicestershire CCG	NHS West Leicestershire CCG
General fertility rate: Birth rate per 1,000 females aged 15-44	2015	62.5	64.8*	66.1	74.9	61.2	66.2	67.5	64.8	65.4	66.6	76.6	72.0	66.6	67.7	65.0	66.8
Women of childbearing age (15-44): % of total population	2015	19.4	19.1	18.8	20.1	19.7	17.0	19.5	23.2	15.2	19.4	21.6	20.4	18.6	16.9	16.5	18.5
Births to non-UK parents: % of live births	2015	34.0	33.8*	28.6	36.2	28.3	17.1	37.9	56.7	24.1	18.9	67.7	42.2	30.7	26.8	21.5	16.0
Births to mothers aged <20: % of live births	2015	3.4	3.2*	2.8	4.5	2.3	3.0	1.7	3.8	5.4	4.9	3.0	2.5	3.7	5.4	4.7	3.0
Births to mothers aged 40+: % of live births	2015	4.2	4.1*	3.9	7.4	4.4	4.3	5.1	3.7	3.4	2.5	3.2	4.7	4.1	4.3	3.8	4.0

## Events

**15th January 2018 – London**  
**Achieving the 5 Year Forward View in Perinatal Mental Health Services**

**25th January 2018 – Edinburgh**  
**Improving Maternal Mental Health: Getting it Right for Mothers and Babies**

**1st February 2018 – London**  
**Westminster Health Forum Keynote Seminar: Priorities for mental health services in England**

## Contact the team

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