

## 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.

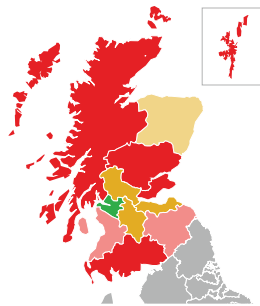
# Take Action

eBulletin Issue 13 Winter 2018

#everyonesbusiness

## Scottish Government announces funding for Perinatal Mental Health!

Exciting news that the **Scottish Government's new programme** for government will include investment of £250 million over 4 years and a package of measures to support mental health, including a focus on perinatal mental health (PMH).



Funding for specialist PMH services is essential so that women in Scotland can get the care they and their families need, wherever and whenever they need it.

We look forward to hearing more about the funding details, what it means for specialist PMH services in Scotland and the impact it will have for women and families.

## PMH capacity limitations highlighted

The **Maternal Mental Health Alliance (MMHA)**, joined with the **Institute of Health Visiting (iHV)**, the **Royal College of Obstetricians and Gynaecologists (RCOG)**, and the **Royal College of Midwives (RCM)** to welcome the **NHS Benchmarking report on Universal Perinatal Mental Health Findings**.

Prior to this study, information on service provision and staffing of universal perinatal mental health (PMH) services was not available at a national level.

### The report data suggests that:

1. **Capacity in universal services is very limited.**
2. **The provision of specialist perinatal mental health care within universal services is highly variable across England, with some areas having no, or limited, provision.**

This report focuses on the *universal element*, where the majority of women need to receive their care. Universal services are a crucial element of the PMH care pathway at every local level and have the potential to create great savings in relation to both human and economic costs in the short and long term.

Alain Gregoire, Chair of the MMHA, said:



**"There has been excellent progress in funding specialist perinatal service provision across England, but we know that specialist services alone are not enough.**

**All women in pregnancy and postnatally should have equitable access to the support, prevention and treatment they need for their mental health as much as for their physical health.**

**This report shows that investment is essential to ensure that there are sufficient, well-trained staff across universal services so that women get the care they should expect from the NHS, and our children can get the best start in life."**

Read the full **statement** from the MMHA, iHV, RCOG and RCM on our website.

## Funding update!

Sincere thanks to Comic Relief for having agreed to fund the MMHA for two more years.



This is fantastic news and will enable us to continue to work together as an Alliance to campaign for better services for women and families.



## Northern Ireland

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### Stressing the need for specialist services in Northern Ireland



After attending the All Party Group on Mental Health at Stormont in June – where the team raised the need for investment in specialist services across Northern Ireland – Lindsay and Tom McEneaney (Aware NI) are meeting with political parties this autumn to ask them to sign a Consensus Statement.



The Campaign's Lindsay Robinson and Shona Hamilton (Consultant Midwife and Chair of NI Perinatal Mental Health Forum) attended the NI Positive Birth Conference, highlighting the importance of specialist services and sharing with delegates the Everyone's Business campaign, the work of the Alliance and how to get involved.

Lindsay Robinson, will be continuing in the role as Everyone's Business NI Campaign Coordinator, please contact her if you'd like more information about how to support or get involved with the work in Northern Ireland –

**Lindsay.robinson@everyonesbusiness.org.uk**

## England

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### Hidden Half campaign in Parliament

MMHA member, **NCT**, hosted a parliamentary debate on their Hidden Half campaign this summer. Many MPs from across the political parties spoke up at the debate on getting postnatal illness out of hiding.

Read the transcript from the debate [here](#).



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### All Party Parliamentary Group report on the Progress of the Five Year Forward View for Mental Health

The All Party Parliamentary Group on Mental Health, has recently released the **On the Road to Parity** report, which looked at progress made to date on the government's **Five Year Forward View for Mental Health**.

They found that, while investment in specialist services such as perinatal support and early intervention in psychosis had led to improvements, core services continued to struggle.

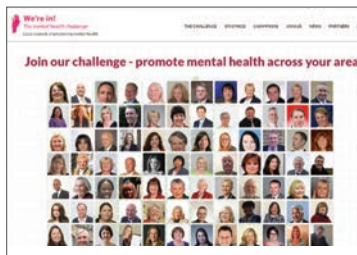
### Scotland, Northern Ireland and Wales briefings

Briefings on PMH in Scotland, Northern Ireland and Wales are available to download on our website [here](#).

Please use them in your work and please share them with your networks.

## Expert by experience blogs

A big thank you to **Laura and Leanne**, two of our expert by experience champions, who recently blogged about their personal experiences to highlight the importance of care and support in the perinatal period.



The blogs are to support MMHA member **Centre for Mental Health** who set up the **Mental Health Challenge** with partners to help and encourage local authorities in England to take a proactive approach to the issues of mental health.

### Key Northern Ireland (NI) Statistics

**3,847:** estimated number of mums in NI developing a perinatal mental illness whilst awaiting implementation of key **Regulation and Quality Improvement Authority (RQIA)**, perinatal mental health recommendations (Jan 2017).

**80%:** percentage of NI with no specialist perinatal mental health community service provision

**0:** number of MBUs in NI and the island of Ireland

## New Mother and Baby Unit opens in Dartford

On August 8th Rosewood MBU in Dartford, Kent, opened for referrals. The new MBU is one of four announced by NHS England opening in 2018/19. We're delighted that women and families in Kent will have access to this essential support.



### Crucial role of MBUs

Did you catch the *BJPsych Open* article on the impact of mother and baby units on the outcomes for mothers and babies? The paper showed how important these units are for treating maternal mental health and supporting infants. Read the full article [here](#).

## Role of specialist services

### View from an expert by experience

**"Perinatal mental health training for any health professional in contact with a pregnant woman and new mum is vital, as well as information and support for fathers and partners. Families need access to specialist services."**

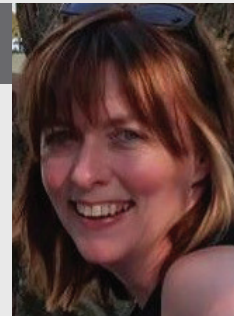
Raj, Dad from Berkshire whose wife developed stress-induced psychosis during pregnancy



### View from a psychologist

**"Access to high quality, evidence-based psychological therapy is an essential part of perinatal care. The role of Clinical Psychologists in specialist teams is to provide a psychologically informed assessment and intervention, tailored to meet individual need and the nature, severity and complexity of their mental health difficulties. Our work in specialist community services, MBUs, in parent-infant mental health services and in maternity services includes leading on the delivery of psychologically informed care, through providing training and supervision across the care pathway."**

Helen Sharp, Clinical Psychologist and Chair of the BPS Faculty of Perinatal Psychology



## Media moments

Thousands of mothers left to cope alone with mental illness – **The Guardian**

Large 'gaps' in NHS care for new mums struggling with mental health problems – **North West Mail**

Leader of the commons to chair ministerial group on family support from conception to the age of two – **Government news release**

Postpartum psychosis: Adele spotted her friend's illness – **BBC**

## New Online Resources Hub launched thanks to MABIM legacy

The three-year Big Lottery funded MMHA Mums and Babies in Mind project, hosted by Mental Health Foundation, officially ended (September 2018) with the launch of a new online mental health resources hub.

MABIM supported local leaders to improve services and care pathways for mums with mental health problems and their babies in four areas of England. Part of MABIM's legacy is a new MMHA Resource Hub, bringing together essential resources for UK professionals, families and others interested in PMH.

You'll find links to the latest reports, guidance and online training, toolkits and case studies, plus the MMHA's **Pathway Assessment Tool** – to help you rate your local services against national standards.

Explore the hub at [www.maternalmentalhealthalliance.org/resource-hub](http://www.maternalmentalhealthalliance.org/resource-hub)

## Staffing news

We have recently said goodbye to a number of MMHA colleagues after funding for the **Mums and Babies in Mind** (MABIM) project and work developing MMHA's structure and strategy came to an end.

We wish Sally Hogg, Fiona Salter and Angela Style all the best for their future endeavours and many thanks all for your work for the MMHA.

## Suicide: leading cause of death over first year after pregnancy

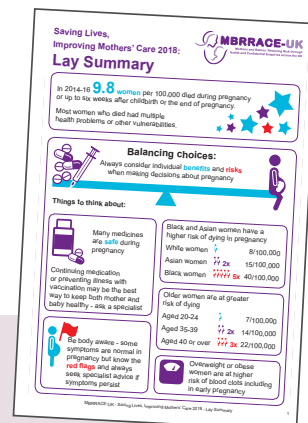
Tragically, the **new MBRRACE report** shows, once again, that maternal suicide is the leading cause of death over the first year after pregnancy and the fifth most common cause of women's deaths during pregnancy and its immediate aftermath.

MMHA Chair, Dr Alain Grogire said in response:

**"The human tragedies described here emphasise the urgency of addressing the gaps in perinatal mental health care in pregnancy, postnatally and pre-conceptually...**

**Alongside improvements in specialist mother and baby mental health services – that are becoming evident in England and Wales, women need professionals in all services to be as interested, knowledgeable and skilled in mental health care during maternity as they are in their care of women's physical health.**

**Women and babies also need services to work together and to have the capacity and resources to provide routine detection, prevention and treatment, and crisis care, all of which are needed to ensure care is both effective and safe."**



## Diversity – understanding and reaching the missing families

The theme for the MMHA conference (September) 2018 was 'Diversity – understanding and reaching the missing families' with session subjects including disability, migration



and perinatal mental health care in the military. DJ and mental health campaigner Neev Spencer shared her own experience of PND before presenting the **annual perinatal mental health awards**.

**Missed any of the presentations? Check the full list here.**

Maternal Mental Health Alliance is a Charitable Incorporated Organisation (CIO) registered in England and Wales (no. 1178152).

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