Maternal Mental Health Alliance

Map of Specialist Community Perinatal Mental Health Teams (Northern Ireland)

2020
More than 1 in 10 women develop a mental illness during pregnancy or within the first year after having a baby.

maternalmentalhealthalliance.org/campaign
The MMHA calls for all women throughout the UK who experience a perinatal mental illness to receive the care they and their families need, wherever and whenever they need it. Whilst we celebrate progress in specialist perinatal mental health (PMH) services in some parts of the UK, it is vital we keep pushing to **Turn – and Keep – the Map Green**.

### The story so far

#### 2015

- 0% of Health and Social Care Trusts met green criteria in 2019

#### 2017

#### 2019

#### Funding, plans and commitments

- **2018:**
  - Funding for staff training in PMH
- **2019:**
  - All political parties co-sign Consensus Statement
- **2020:**
  - The Mental Health Action Plan includes objective to agree and fund a new service model for specialist community PMH services by Sept 2020

### Risks and concerns

It is fantastic to finally have a commitment to specialist PMH community services, but there is still a journey ahead:

1. 80% of the country cannot access specialist community services
2. Will there be enough staff for the planned specialist community services?
3. No plans officially announced for a Mother and Baby Unit in Northern Ireland
4. How to ensure plans are concrete and funding is sufficient and sustainable?

### What will be the impact of COVID-19?

The COVID-19 pandemic will impact on the already high rates of PMH need, with potential long-term consequences. PMH experts fear an increase of referrals on the horizon, meaning national and local decision-makers must proactively **PLAN** with the mental as well as physical health needs of women and families in mind during and beyond COVID-19.

The Maternal Mental Health Alliance’s **Everyone’s Business campaign** calls for all women throughout the UK with PMH conditions to receive the treatment they need, where and when they need it.

**Help Turn – and Keep – the Map Green.**
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