Maternal Mental Health Alliance

Map of Specialist Community Perinatal Mental Health Teams (Scotland)

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

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Specialist Community Perinatal Mental Health Services (Scotland)

Level | Health Board Name
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5 | Ayrshire and Arran
4 | Borders
3 | Dumfries and Galloway
2 | Fife
1 | Forth Valley
3 | Grampian
4 | Greater Glasgow and Clyde
3 | Highland
2 | Lanarkshire
1 | Lothian
0 | Orkney
0 | Shetland
0 | Tayside
0 | Western Isles

Level Colour Criteria

3 | Perinatal community service operating throughout working hours with at least a specialist perinatal psychiatrist with dedicated time AND specialist perinatal mental health nurse with dedicated time, with access to perinatal psychiatrist throughout working hours.
2 | Specialised perinatal psychiatrist AND specialist perinatal nurse with dedicated time
1 | Specialised perinatal psychiatrist or specialist perinatal nurse with dedicated time only
0 | No provision
0 | Data not available

Disclaimer: Details in this map have been compiled using the information available at the time of printing. Please contact info@everyonesbusiness.org.uk if you suspect any inaccuracy.
Specialist Community Perinatal Mental Health Services
Scotland

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.

Funding, plans and commitments

2018:
- The Scottish Government announced investment of £250 million over 4 years to support mental health, including PMH

2019:
- The Scottish Government revealed that £52 million would be spent on improving access to perinatal and infant mental health services
- The Perinatal and Infant Mental Health Programme Board was established in April to advise the Government on how funds should be allocated, and a robust delivery plan for 2019/20 has now been delivered
- The National Managed Clinical Network (MCN) for PMH launched their needs assessment report, funded by the Scottish Government, and Women and Families Maternal Mental Health Pledge, developed in partnership with Maternal Mental Health Scotland Change Agents

The story so far

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.

14% of Health Boards met green criteria in 2019

Risks and concerns

Whilst plans for specialist PMH community services and the ongoing commitment to improving access and the quality of these services are positive steps forward, there are key concerns:

1. Is the pledged £52m going to be enough?
2. How will services be sustained beyond the 5 years covered by this funding pledge?
3. Will there be enough staff for the new and current specialist PMH services?

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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Published August 2020
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Published by:
Maternal Mental Health Alliance

www.maternalmentalhealthalliance.org

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

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