

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

e-Bulletin Issue 3 Spring 2015

[#everyonesbusiness](https://twitter.com/everyonesbusiness)

Maternal Mental Health Roundtable

A second Maternal Mental Health Roundtable in England, hosted by Ministers and the Maternal Mental Health Alliance was held on March 9th. Progress was reviewed against the [Call to ACT](#) and previous commitments; key challenges explored, and new commitments were made by National Clinical Directors, representatives from Public Health England, Health Education England, Royal Colleges and equivalent professional bodies.



Timescales and key milestones are now being sought for each commitment pledged; once finalised, details for commitments will be shared. Please watch this space...

Strategic Clinical Networks in England - making contact!

Promising work is taking place within Strategic Clinical Networks (SCNs) which bring together service users, providers and commissioners to focus on priority service areas to improve services and enable the equity of services.

The campaign has been encouraged by the help so far from SCNs and the Strategic Clinical Directors in relation to perinatal mental health, and we look forward to continuing to work closely with them. Perinatal Mental Health spans across SCN priority areas: Mental Health and Maternity, Children & Young People.

Please [contact](#) the campaign if you are working within an SCN and we can support you with resources. For more SCN details please click [here](#).

Budget 2015 - Mental Health focus

In the last budget announcement of the previous government, £75 million was committed over five years to 'give the right care to more women who experience mental ill health during the perinatal or antenatal period'. We look forward to working with the newly elected Government to explore further details in how this new money will be spent.

The welcome budget announcement highlights the importance to the nation of perinatal mental health BUT can only be the first step towards access to specialist perinatal mental health care **all women across the UK should have - in line with national guidance.**

'And in this Budget we are providing funding for a major expansion of mental health services for children and those suffering from maternal mental illness. Those who suffer from these illnesses have been forgotten for too long. Not anymore'
March 2015 Budget
Rt Hon George Osborne MP
Chancellor of the Exchequer



Work continues with national & local stakeholders in 4 UK nations!

The campaign team continues to work with national and local stakeholders to ensure perinatal mental health has parity of esteem with physical health. Please contact [Maria](#) if you would like the campaign to support work in your region / a specific event.

New Perinatal Mental Health GP report



The Centre for Mental Health, working with the Royal College of General Practitioners (RCGP) and others has produced the report, '[Falling through the gaps: perinatal mental health and general practice](#)'.

Launched at the RCGP on March 18th this report uses survey data from women who have experienced perinatal depression or anxiety and from GPs to find out why so few women get timely help and what would help to ensure more get access to support when they need it.

The report concludes that GPs need more and better information about perinatal depression and anxiety and how to respond. They also need to know that support will be available locally to women who need it without delays. Click [here](#) to read the recommendations in full; if you would like to be part of a GP perinatal mental health network please email RCGP Clinical Champion in Perinatal Mental Health, [Judy Shakespeare](#).

Campaign Job Opportunity!

An important new role as part of the Everyone's Business campaign team is available thanks to a recent 'top up' grant from Comic Relief. If you would like to know more details about this part time Campaign Assistant role, please email: info@everyonesbusiness.org.uk

Tips for Commissioners, Health Providers & equivalents

1. Do you have the backing from your Mental Health, as well as your Maternity, Children & Young People Strategic Clinical Networks?
2. How can you bring the key players in your area together to discuss current gaps in the perinatal mental health pathway?
3. Do you have a suggestion for practical Tools that could support the setting up of services in your area? Please share ideas via info@everyonesbusiness.org.uk as this could help shape campaign Tools currently being developed!

Scotland: new report focuses on Perinatal Mental Health

Click [here](#) to read the report



Getting It Right
Closing the gaps in community perinatal mental health services
Tower Colquhoun with Tully House
April 2015

NSPCC
NATIONAL SOCIETY FOR PREVENTING CHILD ABUSE



The [NSPCC](#) and [Maternal Mental Health Scotland](#) have jointly created a report, *Getting It Right - Closing the gaps in community Perinatal Mental Health Services* to highlight the need for improving perinatal mental health services in Scotland.

Recommendations include:

- Perinatal Mental Health training for all health professionals working with mothers
- Establishing both national and local Perinatal Mental Health Networks
- Appropriate referral to specialist services.

'Scotland has made great progress in developing services for their women and families, who experience perinatal mental illness. However this report [see above] highlights that significant gaps remain, particularly in the lack of community specialised services'

Elaine Clark, Chair of Maternal Mental Health Scotland

54,000 strong Petition still open!

Want to send a strong message to the NHS to ensure perinatal mental health services are reviewed and put in place for all women across the UK? Lucie Holland's petition is still open for signatures. Lucie delivered the first 51,000 signatures to senior representatives at NHS England on 16th March. Lucie explains:

'due to the overwhelming support, the petition will remain open and the campaign to push for a review of perinatal mental health services at the very highest levels will continue. It is clear - if the current postcode lottery is to be addressed with the urgency required - we will need to maintain, with your help, the pressure started. Please continue to circulate the petition far and wide!'



'I will continue to fight for change, in memory of Emma, in honour of Harrison, and to ensure that her death is not in vain'
To sign up to the petition please click [here](#)



Lucie's sister, Emma (pictured left) died on 16th December 2011. Emma did not receive the right care - in line with national guidance - for her severe postnatal depression

1001 Critical Days - perinatal inquiry

The first 1001 Days All Party Parliamentary Group published findings from its recent inquiry. The report, [Building Great Britons](#), launched February 2015, highlights the need for a range of services to be in place in every area so that appropriate support for mother, baby and family are given in accordance with the implementation of NICE guidelines. The report recommends areas follow the [Joint Commissioning Panel for Mental Health guidance](#) recommendations, as well as formulate a '1001-days strategy.'

For further details please visit www.1001criticaldays.co.uk



MMHA Member spotlight

The Maternal Mental Health Alliance (MMHA) now has over 70 national members. Each e-Bulletin aims to introduce one member in further detail. For a list of all current members, visit www.maternalmentalhealthalliance.org.uk



Home-Start helps families with young children, supporting parents as they learn to cope, improve their confidence and build better lives for their children. Its volunteer support for families is complementary in nature to the work of professionals, and its staff and volunteers work diligently to establish a partnership approach to supporting the women referred to them. Perinatal mental health and its impact on children and adults, is of paramount importance to the work Home-Start does with families - recent research by Home-Start found that mental health problems account for 40% of referrals to the organization.

In July 2014 Home-Start UK launched its first policy manifesto, [All Our Children](#), highlighting the struggles faced by many of Home-Start's 29,000 families every year. The focus was on three key public health priorities, including supporting children and families when a parent is suffering from mental ill health. Home-Start looks forward to working with MMHA members and others on comprehensive care packages for women and families in the perinatal period. For further information, please visit www.home-start.org.uk or email [Elizabeth Young](mailto:Elizabeth.Young@home-start.org.uk) Home Start's Director of Research and Policy.

Key Dates and Events

10th June 2015

MMHA members' meeting
The Royal College of Nursing
4pm - 6pm

18th June 2015

Begin before Birth - the importance of pregnancy and early years for later mental health
Wolfson Education Centre, Hammersmith Hospital
For further details visit:
www.symposia.org.uk

1st July 2015

Motherhood and Mental Health Day
St George's Hospital, Stafford
9.30am - 4.30pm
For further details email: donna.lloyd@sssft.nhs.uk

8th July 2015

Improving Perinatal Mental Healthcare in your IAPT Service - Birmingham City Football Club
9am - 4pm
For further details click [here](#)

16th September 2015

Antenatal Mental Health: Keeping the baby in mind.
Association of Infant Mental Health
For further details click [here](#)

14th October 2015

MMHA members' meeting
The Royal College of Psychiatrists
5pm-7pm

Statistics Spotlight

Zero - number of specialist inpatient Mother and Baby units in Wales and Northern Ireland combined

96 - number of women admitted to the 2 specialist inpatient Mother and Baby units in Scotland during 2013

£400 - cost per birth across the UK of following national recommended guidance for perinatal mental health services

£10,000 - cost per birth of neglecting perinatal mental health needs (including £2,100 per birth for the public sector)

If you can add to the Statistics Bank or would like more information on any statistics please contact maria.bavetta@everyonesbusiness.org.uk

Contacts

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WALES: calling all voluntary and community groups providing support for mothers with perinatal mental health problems

The Welsh Health Specialised Services Committee (WHSSC) is focusing on future service planning across all pathways in Perinatal services. To do this, the Welsh Perinatal Psychiatry Steering Group is keen to know about all local Welsh perinatal mental health support services. Please add/update your details [here](#) to enable a clear picture of perinatal mental health support services in Wales.

Media Moments!

Inside a Specialist Inpatient Mother and Baby unit, click [here](#) to read the article from The Independent.

The Hidden Illness, click [here](#) to read a personal account of perinatal mental illness from The Vice.

Perinatal Mental Health podcast: The Alain Stein podcast (from the Lancet series) on perinatal mental health can be accessed [here](#).

Please contact **Maria** if you have any media examples relating to perinatal mental health