

## 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.



**MATERNAL MENTAL HEALTH**  
**everyone's business**

# Take Action

E-Bulletin Issue 8 Spring/Summer edition  
[#everyonesbusiness](#)

## Team expansion

Thanks to the additional funding from Comic Relief, an expanded [Everyone's Business campaign](#) team is now in place to ensure the precious window of opportunity to [turn the map green](#) is realised.



Karen Middleton, new Campaign Manager (above left) brings 12 years of campaigning experience; her most recent role being at Amnesty International UK, working as Campaign Manager for the Individuals at Risk programme, focusing on people around the world who have faced human rights abuses.

Anna France-Williams, new Everyone's Business Communications Officer (above right) has been part of the MMHA's [Mums and Babies in Mind](#) team for the last year. Anna combines the Everyone's Business role with a day a week on generic MMHA communications. A published author, Anna worked previously at the Office of the Children's Commissioner and UNICEF UK.

Maria Bavetta (former Everyone's Business Communications Officer) now works as our Champion Network Manager, leading on the involvement of Experts by Experience and Regional Representatives within the campaign; ensuring the voice of women personally affected by perinatal mental health and key campaign messages are heard locally.

Excitingly, Everyone's Business campaign Coordinators for Northern Ireland, Scotland and Wales are in the process of being formalised. Evaluators are also on board – more information coming soon!

*'We must not think that perinatal mental health services are 'fixed' in the UK – funding pledged needs to be allocated accordingly to ensure that women and families affected do not continue to be let down.'*

**Emily Slater, Everyone's Business Director**

## Wave 2 funding coming in 2018



Next steps on the  
NHS Five Year Forward View

On 31<sup>st</sup> March NHS England published [Next Steps on the Five Year Forward View](#). The report referenced the 20 areas in receipt of [Wave 1 funding](#) for perinatal mental health community teams and a planned 49% increase in beds in current Mother & Baby units. This is encouraging news but there is still more work to do. Wave 2 funding for a further cohort of CCGs will be available in 2018. Contact the Everyone's Business team for support in applying for this new funding. Let's [turn the map green](#) together! [info@everyonesbusiness.org.uk](mailto:info@everyonesbusiness.org.uk)

## Stark findings: women & families being let down



The [Royal College of Obstetricians and Gynaecologists \(RCOG\)](#), supported by the [MMHA](#), published its report, [Maternal Mental Health – Women's Voices](#) (February 2017). Based on the experiences of over 2,300 women, the report explores women's mental health during and after pregnancy and the quality of care they received, with the following stark findings:

- Only 7%** of the women surveyed (who reported experiencing a maternal mental health condition) were referred to specialist perinatal mental health care
- For 38%** of the women referred to specialist perinatal mental health care, it took over 4 weeks to be seen, with some waiting up to a year for treatment
- 1 in 8 partners** of the women surveyed experienced mental health problems and most received no support

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## Highlights from Scotland

In Scotland there have been encouraging steps forward in improving perinatal mental health services:

- A National Managed Clinical Network for Perinatal Mental Health was launched in January 2017
- Dr Roch Cantwell, Consultant Perinatal Psychiatrist, was appointed as Lead Clinician in April 2017 with further posts to be announced soon
- A successful [Maternal Mental Health Scotland annual conference](#) took place on 8<sup>th</sup> May 2017 in Glasgow highlighting a 10-year vision for perinatal mental health services and the benefits of managed clinical networks

## Wales - new perinatal mental health project

[NSPCC Cymru/Wales](#), [The National Centre for Mental Health](#) and [Mind Cymru](#) have joined forces to work on a research project investigating perinatal mental health services in Wales. The project will involve mapping services across the statutory and voluntary sectors and exploring the experiences of women with perinatal mental illnesses.

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## Northern Ireland RQIA Report

*'We look forward to lobbying our local Government to develop an action plan and time frame to deliver on all the recommendations.'*

Tom McEneaney, Northern Ireland Perinatal Mental Health Regional Forum - on the [11 recommendations in the RQIA report](#) for the improvement of perinatal mental health services in Northern Ireland.

## Women's voices heard: Support Overdue



2,500 women were surveyed about their postnatal experiences in the report [Support Overdue 2017](#), published by [The National Federation of Women's Institutes \(NFWI\)](#) and the [NCT](#). The report makes promising recommendations which support the campaign's call to [turn the map green](#). It:

- Endorses the Mental Health Taskforce's call to provide 30,000 more women with access to specialist perinatal mental health services annually by 2020/2021
- Urges commissioners to devise and publish a regional perinatal mental health strategy
- Calls on the Welsh Government to urgently review the provision of care for women requiring inpatient mental health care

## New specialist teams launching

New specialist perinatal mental health teams across the country are launching, following the Wave 1 funding. The new team in [Hertfordshire](#) is one example and has recruited roles in psychiatry, psychology, occupational therapy and administration as well as community psychiatric nurses, mental health social workers and a nursery nurse. The service includes joint clinics and close working with health visitors, midwives and across community settings. Congratulations on all the hard work done to make this happen. We look forward to changing the colour of the campaign maps in Hertfordshire!



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# Ten Top Tips for GPs on perinatal mental health

[The Royal College of GPs](#) has developed a tweetable version of their "Ten Top Tips for GPs on perinatal mental health". Retweet from [@RCGP](#) using #10PMHtips and the links below.

1. [Perinatal mental illnesses are more common than physical complications of pregnancy/postnatal period](#)
2. [It takes courage to disclose feelings - don't dismiss or underestimate, validate and offer hope](#)
3. [Ask every woman, every time – don't judge on appearances. PMI can affect anyone](#)
4. [Consider a woman's partner – may be helpful support or affected by mental health themselves](#)
5. [Advise women not to stop psychotropic meds suddenly](#)
6. [Women most at risk of PMI are those who've had previous mental illness, especially bipolar disorder](#)
7. [Assess the interactions and bonding of a woman with their baby](#)
8. [Psychosis and any suicidal ideation are emergencies: seek specialist opinion](#)
9. [Baby loss or a traumatic birth are associated with a higher risk of PMI](#)
10. [The cost to society of PMI is around £8b/year \(¾ due to impact on child's health & wellbeing\)](#)

Read the full versions of these top tips in the [RCGP Perinatal Mental Health toolkit](#).

## NI event highlights gaps in PMH service

Lindsay Robinson ([Have you seen that girl?](#)) and Nuala Murphy ([Moment Health](#)) hosted a [Perinatal Mental Health & Wellbeing event](#) at Belfast City Hall highlighting shocking gaps in services in Northern Ireland. Key representatives from the [ROIA](#), [Department of Health](#), [Public Health Agency](#), Regional Perinatal Mental Health Forum NI and Emily Slater from the Everyone's Business team contributed to the event. Click play to watch a summary of the event online.



## Workforce – spotlight on perinatal psychiatry

Important steps forward have been made in ensuring there are sufficient numbers of perinatal psychiatrists: ten bursary holders are participating in the [Royal College of Psychiatrists' NHS England-funded bursary scheme](#). Twelve consultant psychiatrists have also been invited to participate in the masterclasses and leadership components of the College's perinatal mental health programme. By the end of the project, the aim is for 160 consultant psychiatrists to have been trained, representing over 40 NHS Trusts in England.

## Media moments

Read [Why Wales needs a Mother & Baby Unit](#) – BBC news article

Read [Duchess of Cambridge's speech on maternal mental health – Best Beginnings](#) 'Out of the Blue' film series launch

Read Top Tips on [Using Twitter to campaign on perinatal mental health](#) – Laura Wood, Expert by Experience

Read about [UK Maternal Mental Health Matters Awareness Week and World Maternal Mental Health Day](#)

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## General Election

Due to the surprise announcement of a General Election on June 8 the planned Ministerial Roundtable, England, was postponed. The Everyone's Business team will be watching the shifting political landscape with interest and will call on the new Government to ensure perinatal mental health remains a priority.



### Contacts

**Anna France-Williams** Everyone's Business Campaign Communications Officer

[Anna.francewilliams@everyonesbusiness.org.uk](mailto:Anna.francewilliams@everyonesbusiness.org.uk)

**Karen Middleton** Everyone's Business Campaign Manager

[Karen.middleton@everyonesbusiness.org.uk](mailto:Karen.middleton@everyonesbusiness.org.uk)

**Maria Bavetta** Everyone's Business Champion Network Manager

[Maria.bavetta@everyonesbusiness.org.uk](mailto:Maria.bavetta@everyonesbusiness.org.uk)

**Emily Slater** Everyone's Business Campaign Director

[Emily.slater@everyonesbusiness.org.uk](mailto:Emily.slater@everyonesbusiness.org.uk)

**Alain Gregoire** MMHA Chair

**Clare Dolman** MMHA Vice Chair

**Angela Style** MMHA Director

### Events

**22- 23<sup>rd</sup> June 2017 – Winchester**  
[National Perinatal Mental Health Course](#)

**3<sup>rd</sup> July 2017 – London**  
[Achieving the Five Year Forward View in Perinatal Mental Health Services](#)

**4-6<sup>th</sup> July 2017 – London**  
[Short course in perinatal mental health](#)

**13<sup>th</sup> September 2017 – London**  
[1<sup>st</sup> UK Annual MMHA Conference](#)

**4th October 2017 – London**  
[MMHA members meeting](#)

The Maternal Mental Health Alliance (MMHA) now has over 80 national members. Each e-Bulletin aims to introduce one member in further detail. For a list of all current members, visit

[www.maternalmentalhealthalliance.org](http://www.maternalmentalhealthalliance.org)

## MMHA Member spotlight



**Family Nurse Partnership (FNP)** is a preventative, voluntary home visiting programme for first-time mums and families, designed to help them have a healthy pregnancy, improve their child's health and development, plan their own futures and achieve their aspirations. Research has shown that teenage mothers are at particular risk of perinatal mental illness. They may have had adverse life experiences or lack a strong support network due to possible disapproval from family or isolation from peers. 27% of clients who enrolled in FNP in 2016 reported mental health problems – compared with 10-20% of pregnant women in general.

FNP pairs young parents with a family nurse who visits them regularly, from early pregnancy until their child is two, helping them to develop positive relationships with their baby, understand their baby's needs, make lifestyle choices that will give their child the best start in life, believe in themselves and their ability and build positive relationships with others. FNP nurses are also trained to detect early signs of mental illness, help build resilience, self-esteem and coping strategies, and refer them on quickly to an appropriate service where additional support is necessary.

International evidence shows FNP can improve health, social and educational outcomes and is one of a handful of early years programmes to be awarded a 4+ evidence rating by the Early Intervention Foundation. Find out more at [www.fnp.nhs.uk](http://www.fnp.nhs.uk)