

Call to ACT NOW

The Maternal Mental Health Alliance's Everyone's Business Campaign calls for all women throughout the UK who experience perinatal mental health problems to receive the care they and their families need, wherever and whenever they need it. The campaign is built on three themes which are set out in the **Call to ACT**:

- A** **Accountability** for perinatal mental health care should be clearly set at a national level and complied with.
- C** **Community** specialist perinatal mental health teams meeting national quality standards should be available for women in every area of the UK.
- T** **Training** in perinatal mental health care should be delivered to all professionals involved in the care of women during pregnancy and the first year after birth.

Now, there is a precious window of opportunity to help women and their families. Women need access to specialist perinatal mental health services and we need action NOW. To help **#turnthemapgreen** the Everyone's Business campaign will focus on:

New funds announced¹ for specialist community multi-disciplinary perinatal mental health services must not be wasted, absorbed elsewhere or misspent – they should deliver well-planned and coordinated services in England and Wales:

- National funding pledges do not necessarily translate into new services on the ground for women and families. There is a real risk this precious opportunity to Turn the Map Green could be lost.
- Despite encouraging funding announcements, there is no legal mechanism – in England – for ensuring the 207 CCG areas spend these funds (once they receive them in their baselines in 2019/20) on the specialist perinatal mental health services they are intended for. Each CCG needs to plan now for how it will spend this money.

Outstanding areas of need must be funded in Scotland, Northern Ireland and Wales:

- Despite clear SIGN guidelines, the Scottish government has yet to pledge funding for urgently required new specialist perinatal community services.
- Despite clear NICE Guidelines, there has been no funding pledged in Northern Ireland for specialist perinatal mental health community services² nor for an inpatient Mother and Baby Unit. There is no Mother and Baby unit in the whole island of Ireland.
- Despite the welcome perinatal mental health funding pledged in Wales, the Welsh government has yet to pledge funding to a level sufficient to Turn the Map Green or to establish a Mother and Baby unit.

Women and families must have access to specialist multi-disciplinary perinatal mental health services as part of an integrated pathway of care:³

- Without an integrated perinatal mental health care pathway – with clear referral mechanisms – in each area, there is a real risk women and families will fail to access the right services (at the right time) even where they exist.
- Health and social care professionals (including GPs, health visitors, midwives, (practice) nurses, obstetricians, mental health professionals, relevant voluntary & community sector staff) need to be able to receive ongoing perinatal mental health training & advice – and have formal links to – a specialist community perinatal mental health service in their area.

www.everyonesbusiness.org.uk

¹ www.england.nhs.uk/mental-health/perinatal/community-services

² Outside one area in Belfast

³ In line with NICE and SIGN guidelines