

Pre Pregnancy and Antenatal Care Pathway

Pre-pregnancy advice, counselling and planning support for women with existing mental illness: GP, Specialist Perinatal Mental Health Service and Community Mental Health Team

GP consideration of personal and family history, Community Midwife: Mental Health screening for current and personal history of mental illness by 10 weeks of pregnancy or at first contact if later

Universal services for all women: Access to Pregnancy, Birth & Beyond, Children Centre Parent 1:1 counselling, Baby Buddy App; MindWell; Pregnancy in Mind (NSPCC); Baby Steps

Any severity of mental health issues in combination with personal &/or family (first degree) history of serious mental issues

Adjustment and emotional health issues identified

Risk of or mild mental health issues identified

Risk of or moderate mental health issues identified

Risk of or severe mental health issues identified

Refer to Leeds Mental Wellbeing Service

Refer to Specialist Perinatal Mental Health Service

Continued assessment of current mental health throughout pregnancy by midwife at each contact; Health Visitor family health assessment between 28 & 36 weeks

On-going joint working between maternity and relevant mental health services.
Multi-disciplinary agreed birth/ postnatal plan developed and in place before delivery, including: Mental Health, GP, Health Visitor, Safeguarding Team, Midwifery and Obstetrics as appropriate

If condition persists/deteriorates refer back to

Specialist Perinatal Mental Health Service

Colour key

Universal services

Level of need

PNMH Action

Urgent action