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Pathway for Perinatal Mental Health

Perinatal mental health (PMH) addresses the mental health challenges faced by parents and caregivers during pregnancy and up to one year postpartum. These services are also available for young parents, who will be referred automatically via the Enhanced Health Visiting Service.

It's important to remember that the provided thresholds for assessment are guides; clinical judgment is essential. Seek further advice if the scores don't ring true.

Referrals can be made up to two years after the birth of a child in City and Hackney.

Please also note: Perinatal mental health (PMH) services focus on the mental health of parents and carers, while parent-infant relationship (PIR) services focus on strengthening the bond and quality of the relationship between the parent and infant. PIR and PMH teams often collaborate to provide timely, appropriate care, especially as parents may face overlapping challenges. **For PIR support, please refer to our Parent-Infant Relationship (PIR) pathway.**

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Authors: Children & Family Hubs Perinatal Mental Health & Parent-Infant Relationships workstream



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Health Service Pathway for Perinatal Mental Health

Homerton Enhanced Health Visiting Service

Midwifery teams

Antenatal	Newborn	1 month	6–8 weeks	3–4 months	1 year	2–2 ½ years	3–3 ½ years
	New birth visit (10–14 days)	Targeted health check	Enhanced Health Visiting Service	Targeted health check	Enhanced Health Visiting Service	Enhanced Health Visiting Service	Targeted health check
	NIPE health check		NIPE and GP health check				
Whooley PHQ 9 (depression) GAD 7 (anxiety)	PHQ 2 GAD 7 EPDS	Perinatal Mental Health screening tools: PHQ 2 GAD 7 EPDS					

Health and development reviews

Does the PHQ9 or GAD7 screening indicate support is required?

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These **universal services** focus on prevention and are designed to **support all families.** They are self-referral and can be accessed without the need for an assessment.

Community based services

- Fathers Intervention Project: Dad's Who
- Turkish Women's antenatal classes (Minik Kardes)
- Chatworks (Black/African/Afro-Caribbean parents)
- MIND
- Triple P babies (parenting programme)

Patient support groups

- Postnatal drop ins (run by midwife team)
- Physiotherapy Support
- Perinatal Mental Health walking group

Perinatal Service

- Family Planning Counselling



Our Journey Birth to 5 years

Free online courses: Understanding your trauma

Top 10 tips for new parents



Children & Family Hubs and Children's centres

Visit one of our locations to privately speak with a staff member for advice on services across the 0-19 (or 25 with Special Educational Needs and Disabilities) age range. They can also connect families to additional services if more targeted or specialist support is needed.

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City & Hackney Talking Therapies
- Patient self referral form
- Professional referral form

Homerton Birth Debrief Services

Referral form
- Listening Clinic
- Birth Reflections Clinic
- Reframing Birth Clinic (run by Perinatal Mental Health Specialist Midwife and Perinatal Clinical Nurse Specialist)

- Early help: targeted family support
- HENRY peer support programme for new mums

Other mental health services
- Young Women's Perinatal Support Group
- Birth Companions/The Izzy Project
- Off Centre (support for young people)
- Young & Inspired (includes a young parents group)
- Doula (support for black women)
- Turning Corners (for Charedi women)
- Support for Refugee and Asylum-Seeking Women

IAPT Culturally Sensitive Talking Therapies
(previously Talk Changes): professional referral form
- Derman (Turkish/Kurdish service)
- Bikur Cholim (Orthodox Jewish service)
- Irie Mind (talking therapies for for Black/African/ Afro-Caribbean parents)



These **targeted services** are for families with **mild to moderate needs** and are referral only. The services are provided in partnership with others and some are also directed at specific groups within the community.

MILD TO MODERATE SCORES:

GAD-7 (Anxiety) = 10–14
PHQ-9 (Depression) = 10–14
EPDS (Depression and Anxiety) = 13–18

These thresholds are guides, please seek clinical judgement if you are unsure.

Psychosis, mania, or risk of harm to self or others:

NHS Mental Health Crisis Response

Call 111 and select mental health

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Homerton Healthcare
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Hackney

ELFT Perinatal Mental Health Services

- Mother & Baby Unit

Hospital-based (NICU) specialist support from Homerton CAMHS

Specialist Perinatal Mental Health Team

- Referral form

ELFT Perinatal Services

- Patient self referral form
- Professional referral form

Therapies that could be offered:

- Family & Couple Therapy (FCT)
- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Solution Focused Therapy (SFT)
- Mindfulness Based Cognitive Therapy (MBCT)
- Structured Clinical Management (SCM)

Multi-Agency Safeguarding Hub (MASH)

Support services:

- OCEAN Service (birth trauma and birth loss)
- Orbit (Turning Point Recovery Services)
- Positive Birth after Sexual Trauma Clinic
- Separation at Birth & Hope Box Project
- PAUSE Project
- Domestic abuse

Substance misuse liaison midwife



These **specialist services** are for families with **moderate to severe needs** and are referral only. They are for families whose needs cannot be met through universal or targeted provisions and require direct and/or individualised treatments.

MODERATE TO SEVERE SCORES:

GAD-7 (Anxiety) = 15 or more
PHQ-9 (Depression) = 15 or more or Q9> 0
EPDS (Depression and Anxiety) = 13–18 or more or Q10 >

These thresholds are guides, please seek clinical judgement if you are unsure.

Psychosis, mania, or risk of harm to self or others:

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