

# PERINATAL MENTAL HEALTH PATHWAY FOR BUCKINGHAMSHIRE

Commissioned by  
Bucks CCG.

Authors  
R House  
Dr N Widgington  
C Hart

Edited by  
Joseph Madamombe

Developed in accordance with NICE Guideline 192 (2014) and to be used in conjunction with local policies. For Review March 2024

Commissioned by Buckinghamshire CCG with thanks to all those who have contributed in any way during the planning and implementation of this project.

The pathway will be monitored and updated by the stakeholders at the Buckinghamshire Perinatal and Infant Mental Health Network quarterly meeting and revised annually.

Amended 12/2016 (v1); Revised: 09/2017 (v2); 03/2019 (v3); 06/2020 (v4); 03/2021 (v5); 03/2022 (v6); 06/2023 (v7). (Next review due 03/2024)

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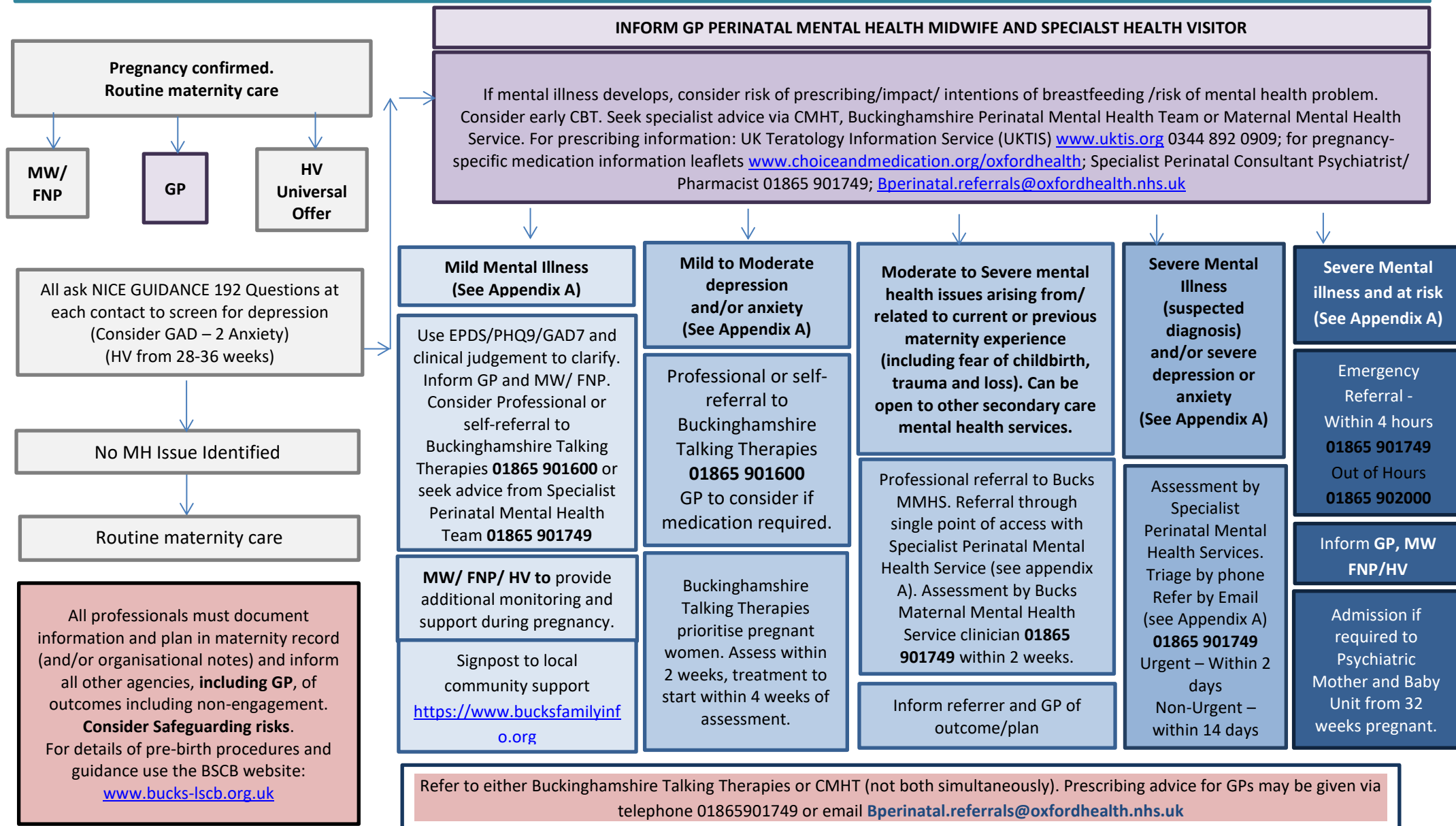
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**ANTENATAL MENTAL HEALTH CARE PATHWAY for women with no current or pre-existing Mental Illness**

Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgement.

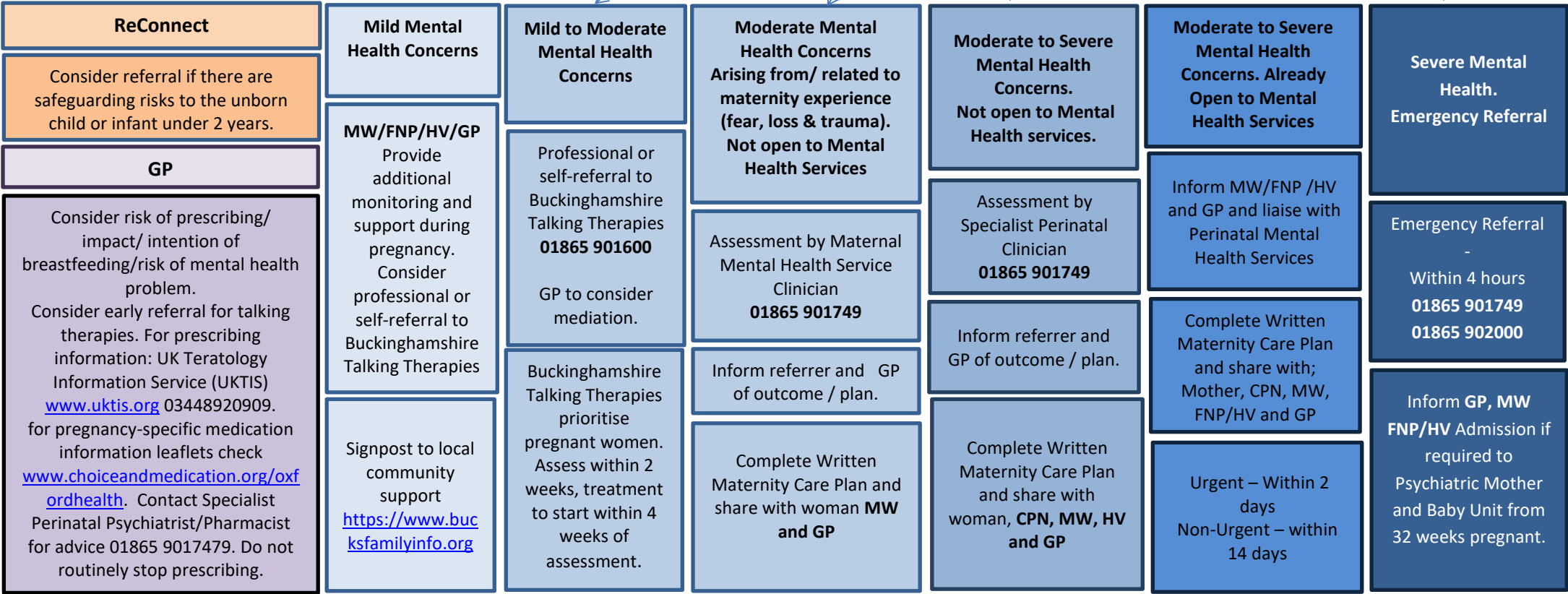


**ANTENATAL MENTAL HEALTH CARE PATHWAY for women with pre-existing Mental Illness**

Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.

**Pre-conception advice:** Please refer women with an established diagnosis of BPAD (particularly type I, higher risk), schizophrenia, schizoaffective disorder, previous psychotic depression or previous puerperal psychosis (even if currently well) who wish to conceive to Bucks Perinatal Mental Health Team **01865 901749** for a Pre-conception appointment, to discuss medication and treatment options in pregnancy. Women on complicated mental health medication regimes who wish to conceive can also be referred for a preconceptual appointment.

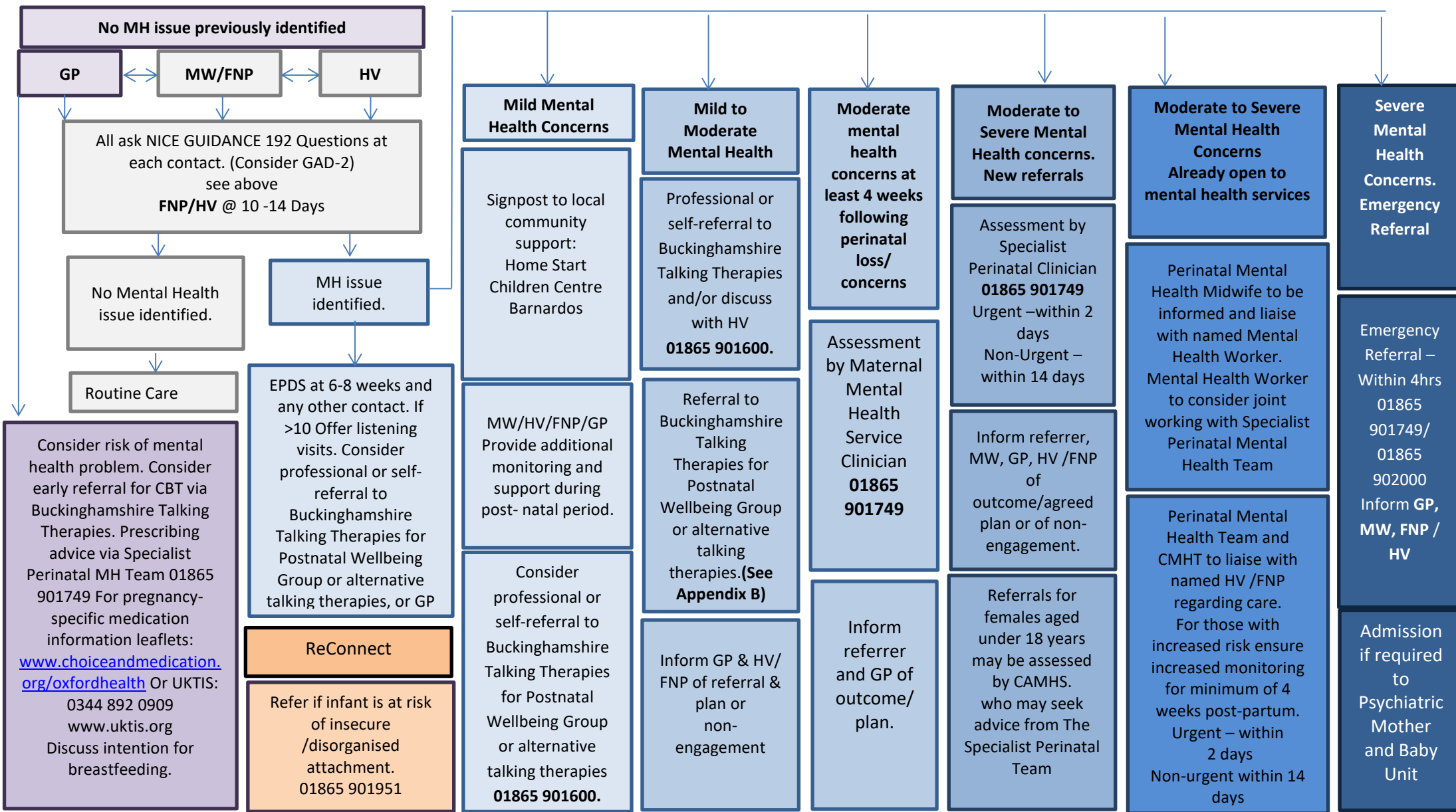
**Pregnant Women with current or past history – even if current well- of moderate to severe mental illness.**  
 Psychotic disorders (BPAD, schizophrenia, schizoaffective disorder, psychotic depression, previous puerperal psychosis); severe depression and severe anxiety disorders. Refer to Perinatal Mental Health Midwife and Buckinghamshire Perinatal Mental Health Services **01865 901749** (Response Times; Urgent – Within 2 days, Non-Urgent – within 14 days)  
 Refer to either Buckinghamshire Talking Therapies or AMHT (not both simultaneously) Referral by **GP, MW or HV**. For prescribing information: UK Teratology Information Service (UKTIS) [www.uktis.org](http://www.uktis.org) 0344 892 0909; for pregnancy-specific medication information leaflets [www.choiceandmedication.org/oxfordhealth](http://www.choiceandmedication.org/oxfordhealth); contact specialist Perinatal Psychiatrist/ pharmacist 01865 901740  
[Bperinatal.referrals@oxfordhealth.nhs.uk](mailto:Bperinatal.referrals@oxfordhealth.nhs.uk)



All professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, **including GP**, of outcomes including non-engagement. Consider **Safeguarding risks**. For details of pre-birth procedures and guidance use the BSCB website: [www.bucks-lscb.org.uk](http://www.bucks-lscb.org.uk)

**POSTNATAL MENTAL HEALTH CARE PATHWAY (up to one year post-partum)**

Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.



All professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, including GP, of outcomes including non-engagement. Consider Safeguarding risks.

For details of procedures and guidance use the BSCB website: [www.bucks-lscb.org.uk](http://www.bucks-lscb.org.uk)

**Appendix A - Criteria for Definitions of Mental Illness. Guide to levels of mental health concerns when making referrals to Perinatal Mental Health Services.** (Clinical judgement is fundamental, if in doubt seek specialist advice.)

<b>Step 1: Primary Care</b>	
Mild Mental Health Concerns	Women with minimal mental health concerns. Low mood, mild anxiety, mild stress. Usually managed within the Primary Healthcare Team.
<b>Step 2: Buckinghamshire Talking Therapies</b>	
Mild to Moderate Mental Health Concerns	Mild to moderate symptoms of depression or anxiety. Managed via Buckinghamshire Talking Therapies and Primary Healthcare Team.
<b>Step 3 Buckinghamshire Talking Therapies</b>	
Moderate to Severe Mental Health Concerns	Step 3 Moderate need- Working with Buckinghamshire Talking Therapies for: depression, anxiety, phobias, stress associated with parenting as a symptom of other mental health issues. Client is stable enough to receive care at Step 3 only from Buckinghamshire Talking Therapies and medical input from GP if required. Specialist Perinatal Mental Health Team at Step 4 can be consulted by Buckinghamshire Talking Therapies where there are concerns that a client requires a Community Coordinated Mental Health Team approach and a client can be moved up to Step 4. <b>Please note that a client cannot be open to Step 3 and Step 4 services at the same time.</b> If a client is accepted at Step 4 then arrangements are made to close Step 3
<b>Step 4: Various</b>	
Moderate mental health concerns	Moderate mental health difficulties directly arising from or related to maternity experience including fear (tokophobia), birth trauma and maternity loss. Professional referrals via health or social care to Maternal Mental Health Service (MMHS).
Safeguarding Concerns	If a family is on Child Protection Plan, consider the ReConnect service. ReConnect works with parents offering long-term specialised therapies to reduce safeguarding risks. Referrals or consultations emailed to <a href="mailto:ReConnect@oxfordhealth.nhs.uk">ReConnect@oxfordhealth.nhs.uk</a> . Dr Nicola Connolly, Clinical Lead for ReConnect - <a href="mailto:Nicola.connolly@oxfordhealth.nhs.uk">Nicola.connolly@oxfordhealth.nhs.uk</a> Joseph Madamombe, Team manager for ReConnect - <a href="mailto:Joseph.madamombe@oxfordhealth.nhs.uk">Joseph.madamombe@oxfordhealth.nhs.uk</a>
Bonding and Attachment Issues	If a family is on Child Protection Plan, consider the ReConnect service via CAMHS

Severe Mental Health Concerns	Severe deterioration of mental health including possible presentation of psychosis. Intensive and specialist support and monitoring required, possible admission to psychiatric Mother and Baby Unit. Referral to Specialist Perinatal Mental Health Team, out of hours Crisis services. <a href="https://www.nice.org.uk/guidance/cg123/chapter/1-Guidance">https://www.nice.org.uk/guidance/cg123/chapter/1-Guidance</a>
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**Appendix B - Contact Details for Perinatal Mental Health Pathway for Buckinghamshire.**

Title	Phone number	Email/Contact Details
Buckinghamshire Perinatal Mental Health Service	01865 901749 (Out of hours - 01865902000)	<p><b>Referrals Inbox</b> - <a href="mailto:Bperinatal.referrals@oxfordhealth.nhs.uk">Bperinatal.referrals@oxfordhealth.nhs.uk</a> ; GPs can send urgent or routine referrals via NHS E-Referral System (ESR)</p> <p><b>Enquiries Inbox</b> – <a href="mailto:BperinatalAdmin@oxfordhealth.nhs.uk">BperinatalAdmin@oxfordhealth.nhs.uk</a></p> <p><b>Website</b> - <a href="https://www.oxfordhealth.nhs.uk/buckinghamshire-perinatal-mental-health-service/">https://www.oxfordhealth.nhs.uk/buckinghamshire-perinatal-mental-health-service/</a></p> <p>Joseph Madamombe –Team Manager - <a href="mailto:joseph.madamombe@oxfordhealth.nhs.uk">joseph.madamombe@oxfordhealth.nhs.uk</a></p> <p>Lisa Sutton – Deputy Team Manager -<a href="mailto:lisa.sutton@oxfordhealth.nhs.uk">lisa.sutton@oxfordhealth.nhs.uk</a></p> <p>Tabitha Wilkins – Deputy Team Manager – <a href="mailto:Tabitha.wilkins@oxfordhealth.nhs.uk">Tabitha.wilkins@oxfordhealth.nhs.uk</a></p> <p>Dr Amanda Elkin – Perinatal Consultant Psychiatrist – <a href="mailto:Amanda.elkin@oxfordhealth.nhs.uk">Amanda.elkin@oxfordhealth.nhs.uk</a></p> <p>Lauren Aitken – Perinatal Principal Clinical Psychologist - <a href="mailto:Lauren.Aitken@oxfordhealth.nhs.uk">Lauren.Aitken@oxfordhealth.nhs.uk</a></p> <p>Kasia Mullan – Senior Clinical Psychologist - <a href="mailto:kasia.mullan@oxfordhealth.nhs.uk">kasia.mullan@oxfordhealth.nhs.uk</a></p> <p>Louisa Rowlands – Perinatal Pharmacist - <a href="mailto:Louisa.Rowlands@oxfordhealth.nhs.uk">Louisa.Rowlands@oxfordhealth.nhs.uk</a></p>
Buckinghamshire Talking Therapies	01865 901600	<p><b>Email</b> - <a href="mailto:Bucks-Talking-Therapies@oxfordhealth.nhs.uk">Bucks-Talking-Therapies@oxfordhealth.nhs.uk</a></p> <p><b>Website</b> - <a href="https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/">https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/</a></p> <p>Ellen Chidley – CBT Therapist – <a href="mailto:ellen.chidley@oxfordhealth.nhs.uk">ellen.chidley@oxfordhealth.nhs.uk</a></p>
Health visitor for Maternal and Infant Mental Health.	07929340114	<p><b>Email</b> - <a href="mailto:bht.pmh@nhs.net">bht.pmh@nhs.net</a></p> <p><b>Website</b> - <a href="http://www.buckshealthcare.nhs.uk">www.buckshealthcare.nhs.uk</a></p>



		Health visitor for Maternal and Infant Mental Health, <a href="mailto:joanna.smyth1@nhs.net">joanna.smyth1@nhs.net</a> .
Maternal Mental Health Service	01865 901749 (Out of hours 01865902000)	<b>Referrals Inbox</b> - <a href="mailto:Bperinatal.referrals@oxfordhealth.nhs.uk">Bperinatal.referrals@oxfordhealth.nhs.uk</a>  <b>Enquiries Inbox</b> – <a href="mailto:BMMHSAdmin@oxfordhealth.nhs.uk">BMMHSAdmin@oxfordhealth.nhs.uk</a>  Joseph Madamombe - Team Manager - <a href="mailto:joseph.madamombe@oxfordhealth.nhs.uk">joseph.madamombe@oxfordhealth.nhs.uk</a>  Lauren Aitken – Principal Clinical Psychologist – <a href="mailto:lauren.aitken@oxfordhealth.nhs.uk">lauren.aitken@oxfordhealth.nhs.uk</a>  Chrissie Dransfield – Senior CBT Therapist - <a href="mailto:christine.dransfield@oxfordhealth.nhs.uk">christine.dransfield@oxfordhealth.nhs.uk</a>
Postnatal Wellbeing Group	01865 901600	Refer via Buckinghamshire Talking Therapies: <a href="mailto:Bucks-Talking-Therapies@oxfordhealth.nhs.uk">Bucks-Talking-Therapies@oxfordhealth.nhs.uk</a>
ReConnect	01865 901770	ReConnect Referrals to be emailed to <a href="mailto:ReConnect@oxfordhealth.nhs.uk">ReConnect@oxfordhealth.nhs.uk</a>  Joseph Madamombe – Operational Manager - <a href="mailto:joseph.madamombe@oxfordhealth.nhs.uk">joseph.madamombe@oxfordhealth.nhs.uk</a>  Nicola Connolly- Consultant Clinical Psychologist <a href="mailto:Nicola.Connolly@oxfordhealth.nhs.uk">Nicola.Connolly@oxfordhealth.nhs.uk</a>
Specialist Mental Health Midwives	07867 442117/ 07833756852	Generic email for midwives: <a href="mailto:bht.specialistmentalhealthmidwives@nhs.net">bht.specialistmentalhealthmidwives@nhs.net</a>  Darcey Croft – <a href="mailto:darcey.croft@nhs.net">darcey.croft@nhs.net</a>  Pam Alphonse – <a href="mailto:pam.alphonse@nhs.net">pam.alphonse@nhs.net</a>
Bucks Mind	07375 070231	<a href="http://www.bucksmind.org.uk">www.bucksmind.org.uk</a>  Jo Ibbett -Recovery and Wellbeing Manager - <a href="mailto:Joanna.Ibbett@bucksmind.org.uk">Joanna.Ibbett@bucksmind.org.uk</a>
Bucks Safeguarding Board		<a href="http://www.bucks-lscb.org.uk">www.bucks-lscb.org.uk</a>
Local Community Support	0845 688 4944	<a href="https://www.bucksfamilyinfo.org">https://www.bucksfamilyinfo.org</a>

### Appendix C - Glossary of Terms

(See Supplementary Information Document for additional information about speciality services)

CMHT	Community Mental Health Team
Anxiety disorders	These include generalised anxiety disorder, panic disorder, obsessive-compulsive disorder, phobias, post-traumatic stress disorder and social anxiety disorder. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
BC	Buckinghamshire Council
BHT	Buckinghamshire Healthcare Trust
BSCB	Bucks Safeguarding Children’s Board <a href="http://www.bucks-lscb.org.uk">www.bucks-lscb.org.uk</a>
CBT	Cognitive Behavioural Therapy
CG192	Nice clinical guideline 192 Antenatal and postnatal mental health: clinical management and service guidance issued December 2014 <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
CORE 34	Clinical Outcomes in Routine Evaluation a 34-item generic measure of psychological distress.
EPDS	Edinburgh Postnatal Depression Scale – possible indicator of depressive disorder. Scores of 9-12+ may indicate depressive disorder.
FNP	Family Nurse Partnership (specialist service for mothers under 19)
GAD-2	Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
GAD 7	Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014 <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
GP	General Practitioner
HM	Buckinghamshire Talking Therapies offers talking therapies, practical support, and employment advice to people experiencing difficulties with anxiety and low mood and who are registered to a Buckinghamshire GP surgery.
HV	Health Visitor
IAPT	Improved Access to Psychological Therapy
Local Support	Bucks Family Information Service. <a href="http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page">http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page</a> Bucks Children’s Centres <a href="https://www.buckscc.gov.uk">https://www.buckscc.gov.uk</a>
MARF	Multi Agency Referral Form <a href="http://www.bucks-lscb.org.uk">www.bucks-lscb.org.uk</a>
MH	Mental Health
MI	Mental Illness
MMHS	Maternal Mental Health Service
MW	Midwife

Nice Guidelines (192) Questions (Previously referred to as 'Whooley Questions')	Used to identify possible low mood: 'During the past month, have you often been bothered by feeling down, depressed or hopeless? During the past month, have you often been bothered by having little interest or pleasure in doing things?' With the addition of a third question, "Is this something with which you would like help?"
NG 192 Questions (Nice Guidelines (192) Questions)	Used to identify possible low mood: During the past month, have you often been bothered by feeling down, depressed or hopeless? During the past month, have you often been bothered by having little interest or pleasure in doing things? With the addition of a third question, "Is this something with which you would like help?"
Perinatal	Pregnancy and up to one-year post-partum
PHQ9	Patient Health Questionnaire: <a href="http://www.nhs.uk/Tools/Documents/Mood">www.nhs.uk/Tools/Documents/Mood</a> <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
PMH Champion	Perinatal Mental Health HV with Specialist knowledge
PMHM	Perinatal Mental Health Midwife
Psychotropic medication	This is defined in this guideline as all medication used to treat mental health problems. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
Re-Connect	Specialist service for vulnerable families where infant is at risk of developing a disorganised attachment due to parental mental health concerns, parental background history of abuse/neglect, concerns about domestic violence or parental substance misuse. Referral to ReConnect should be considered for women antenatally with pre-existing mental health problems as infant is at high risk of developing an insecure or disorganised attachment. <a href="mailto:BucksCAMHSSPA@oxfordhealth.nhs.uk">BucksCAMHSSPA@oxfordhealth.nhs.uk</a> / 01865 901951
SC	Social Care
Severe mental illness	This is defined in this guideline as severe and incapacitating depression, psychosis, schizophrenia, bipolar disorder, schizoaffective disorder and postpartum psychosis. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a>
SPMHT	Specialist Perinatal Mental Health Team
Stepped Care for Mental Health	<a href="https://www.nice.org.uk/guidance/CG123/chapter/1-Guidance#stepped-care">https://www.nice.org.uk/guidance/CG123/chapter/1-Guidance#stepped-care</a>
Woman/women	Refer(s) to female(s) of childbearing potential, including girls and young women under 18 years. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendation">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendation</a>