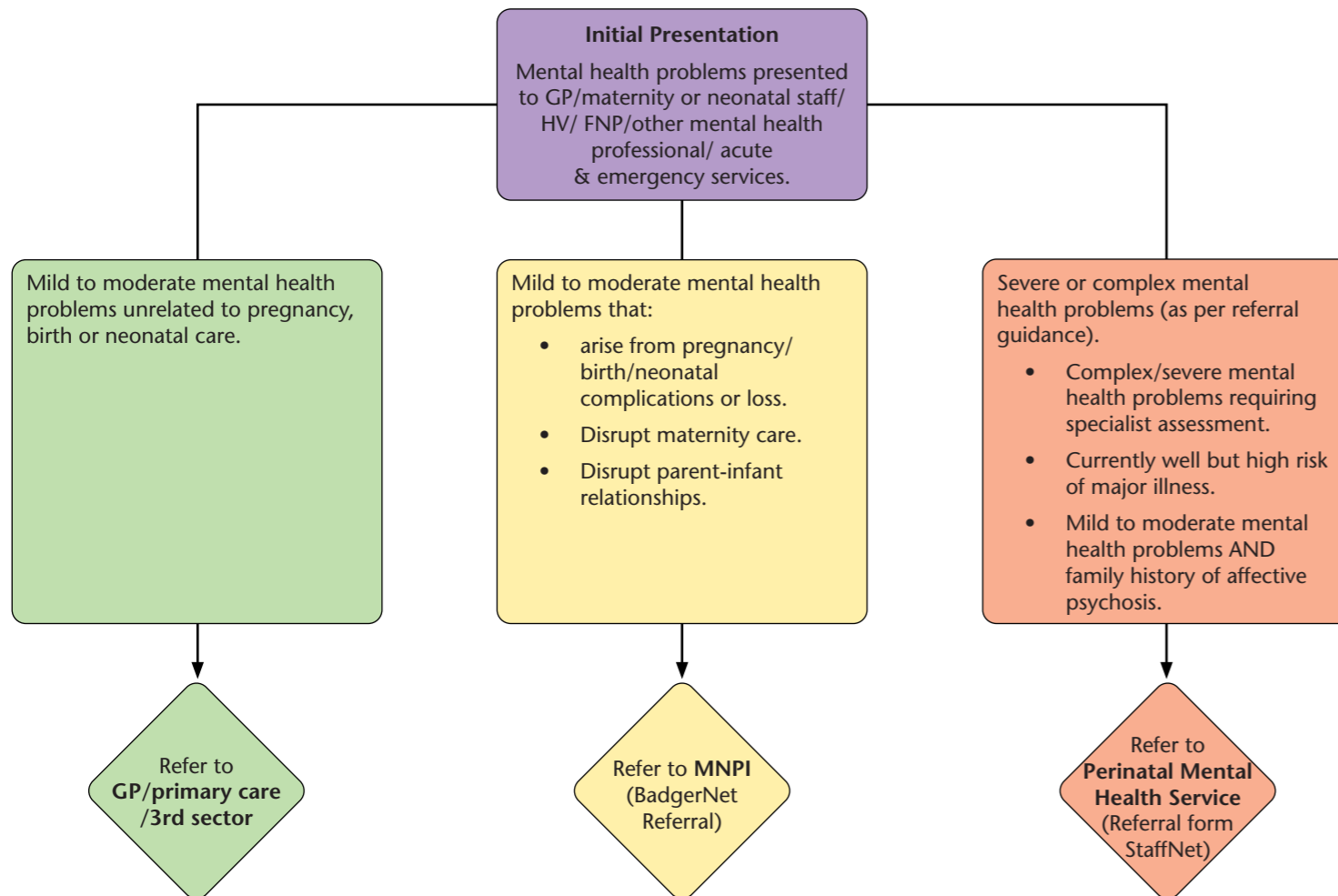


NHS Greater Glasgow & Clyde Perinatal Mental Health Referral Guidance September 2021



A **mild** mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life.

A **moderate** mental health problem is when a person has more symptoms that can make their daily life much more difficult than usual.

A **severe** mental health problem is when a person has many symptoms that can make their daily life extremely difficult.

Referral Guidance -When to refer to GP/Primary Care

- Mild to moderate mental health problems pre-dating or unrelated to pregnancy, birth, neonatal complications or loss.
- The GP can make onward referrals to Primary Care Mental Health teams and Community Mental Health teams as appropriate in relation to the needs of the individual.

Referral Guidance -When to refer to MNPI

- Mild to moderate mental health problems arising from or in relation to pregnancy, birth, neonatal complications or loss.
- Mild to moderate mental health problems that are disrupting the universal pathway of maternity care.
- Mild to moderate mental health problems that are or at risk of disrupting parent:infant relationship.

Referral Guidance -When to refer to PMHS

- Pre-existing bipolar disorder
- Pre-existing schizophrenia
- Previous postpartum psychosis
- Current suicidality, psychosis, severe depression, severe anxiety, severe obsessive compulsive symptoms or eating disorder
- 1st degree relative with bipolar disorder or postpartum psychosis **AND current** mild-moderate anxiety or depression
- Significant change in mental state in late pregnancy

In all cases:

- Use the brief mental health assessment featured here to give a more detailed account of current symptoms.
- Consider increased frequency of antenatal or postnatal consultations for support and monitoring mood.
- GP can refer for computerised CBT via SCI Referral (Perinatal).
- For medication info: **BUMPS - Best Use of Medicines in Pregnancy** website: www.medicinesinpregnancy.org and **NHS Inform** website: www.choiceandmedication.org/nhs24/printable-leaflets/drugs-in-pregnancy/ provides useful information for clinicians and service users.
- 3rd sector resources are accessible via NHSGGC pocket guide, NHSGGC Perinatal Mental Health MS Teams channel or Inspiring Scotland Directory.
- Ensure communication between appropriate personnel e.g. GP, midwife, obstetrician, health visitor, FNP and/or social work (if appropriate).
- For support and guidance with most appropriate service to direct referrals contact:
- Specialist Midwives**
 - » **Lisa Allan (QEUH):** 07977 272 064 Lisa.Allan@ggc.scot.nhs.uk
 - » **Lynne Komolafe (PRM):** 07977 272 304 Lynne.Komolafe@ggc.scot.nhs.uk
 - » **Stephanie Mair (Clyde):** 07812 474 108 Stephanie.Mair@ggc.scot.nhs
- Maternity & Neonatal Psychological Interventions (MNPI) (Refer via BadgerNet)
 - » QEUH/Clyde: 0141 232 4333
 - » PRM: 0141 201 3465
- Perinatal Mental Health Service (Refer via PMHS Referral form available on Staffnet)
 - » Advice Line: 0141 211 6500 (09:30–12:30 weekdays - except Wednesday)

Brief Mental Health Assessment

The following questions will appear on BadgerNet at booking when Whooley questioning gives a positive result. These questions are useful to support a **current presentation** and aid your decision making when making a referral and the quality of the referral for the receiving service.

- Using a scale of 1 to 10 how do you feel your mood is today?
- Have you been experiencing any worrying thoughts, feelings of guilt, strange, upsetting or unusual thoughts?
- How long have you been feeling this way?
- How is this affecting you?
- Are you able to enjoy things in your life the same way as before you felt this way?
- Have you had trouble falling asleep, staying asleep or waking up unrested?
- How is your appetite?
- Do you feel you are avoiding doing things such as going out or having contact with family or friends?