

NHS Highland (North)
Perinatal and Infant Mental Health Team

New Craigs Hospital, Leachkin Road, Inverness, IV3 8NP
01463 883733
nhsh.nhighlandPNIMHT@nhs.scot

Referral Criteria

The PNIMHT accepts **routine*** referrals of women who:

- Are in the perinatal period (conception to one year post-partum)**
- Are (or will be) the primary caregiver of the infant
- Are experiencing (or are at significant risk of) an identifiable mental health problem***
- Are registered with a GP in the North Highland area

Additionally, at least **one** of the following criteria **must** apply:

- Appropriate primary care interventions have been tried, but have not been successful****
 - The mental health problem is actively interfering with the woman's ability to access appropriate maternity, health visiting, or other health care (e.g. severe needle phobia, phobia of childbirth, etc)
 - The mental health problem is actively interfering with the mother's ability to bond with or parent her infant effectively
 - The mental health problem originated as a result of a previous pregnancy or birth trauma; pregnancy loss; or infant health problems / death
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* Requests for **urgent** or **emergency** mental health-related assistance should still be directed to the local **Community Mental Health Team** or the **Mental Health Assessment Unit** at New Craigs Hospital, Inverness. 'Red flags' that might indicate the need for an urgent response would include:

- Recent significant changes in mental state or emergence of new symptoms
- New thoughts or acts of violent self-harm
- New and persistent expressions of incompetency as a mother or estrangement from the infant

* Where there is a concern about infant mental health, and/or the parent-infant relationship, referrals can be made up to the infant's **third** birthday.

*** The PNIMHT also offers preconception advice to any woman with a diagnosis of bipolar affective disorder, schizophrenia (or other psychotic illness), or previous major postpartum mental illness, **OR** who are currently prescribed a mood stabiliser or an otherwise complex psychotropic medication regime. In these circumstances, **it is not necessary that the woman is pregnant NOR that she is actively unwell** for a referral to be accepted.

**** Appropriate primary care interventions might include use of psychotropic medication, computerised therapies (e.g. Silvercloud Perinatal Wellbeing Programme), Guided Self-Help, internet-enabled CBT (e.g. via ideo) or intervention from a Primary Care Mental Health Worker.

Referrals can be made by any member of Health or Social Care staff, either:

- via SCI Gateway, to the local Community Mental Health Team and marked for the attention of the Perinatal and Infant Mental Health Team, or
- by sending a completed referral form to **nhsh.nhighlandPNIMHT@nhs.scot**