

Conversation Workshops

Connecting Clinical and Third Sector: a Perinatal Mental Health Case Study



At A Glance

- **3 Conversation Workshops** brought staff from the Greater Glasgow and Clyde Perinatal Service and Third Sector partners together to help foster working relationships and develop pathways of mental health support for parents during the perinatal period
- **45** partners attended the workshops



"The workshops have been a great way to interact with services who provide invaluable support to women, babies and families during the perinatal period. They were also an informal way to introduce our team, start conversations, build connections and start to collaborate moving forward".

Dr Ashleigh Macaulay
Perinatal Consultant Psychiatrist

Background

Statistics show that 1 in 5 women are affected by mental health problems during pregnancy and the first year after birth. This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period. These illnesses can be mild, moderate or severe, requiring different kinds of care or treatment, from Third Sector Organisations to more specialist services like the Greater Glasgow and Clyde Perinatal Service.

Methods

3 online Conversation Workshops were planned and facilitated during 2022. The workshop format included a presentation from the Perinatal Consultant Psychiatrist who provided an overview of the GGC Perinatal Service their staff, services provided and referral pathways, followed by a question and answer session. Thereafter participants were assigned to a breakout room, facilitated by a member of staff from the Perinatal Service to discuss pathways of care, joint training opportunities and ways to enhance collaborative working to support Mums, Babies and Families affected by Perinatal Mental Illness.

Outcomes

Benefit One

Third Sector partners reported increased awareness and understanding of the services provided by the GGC Perinatal Service.

Benefit Two

Staff from the Perinatal Service reported increased awareness of the community perinatal mental health supports provided by Third Sector partners across Greater Glasgow and Clyde and how to access these.