

Translating Strategy into Action

Strategy Driver

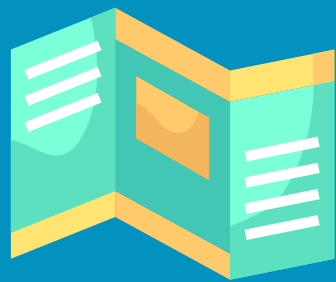
Delivering Effective Services: Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services (2018)



Recommendations

What did we do?

NHS boards should ensure that all parents, and parents to be, are made aware of third sector counselling and support services which exist in their area and how to access them, including individual and couple counselling and support for the parent-infant relationship. **17**

Developed a guide to support staff to have conversations about mental health during the perinatal period and to encourage signposting to appropriate local support and resources. 

The third sector should be included in regional networks, with a specific remit to advise on the provision of counselling services and peer support worker development. **18**

Established a Perinatal Mental Health Network. Over 100 partners from Clinical Services, Health Improvement, Social Work, Education and Third sector working together to get it right for new and expectant parents. 

The Scottish Government should work with NHS boards and third sector funders to review peer support models and develop an evidence and evaluation base. Implementation of this work and longer-term roll-out should be included in a national delivery plan as soon as practicable. **19**

Our network actively engaged in the Scottish Government Peer Support in Perinatal Mental Health: evidence review consultation process and referenced as good practice. 

NHS Boards, Integrated Joint Boards, Local Authorities and other relevant organisations should ensure that all staff working with women during pregnancy and the postnatal period have the knowledge, skills and attitudes to ensure they deliver appropriate care. Staff should meet the requirements of the Curricular Framework for Perinatal Mental Health and undergo induction and regular updated training where appropriate. **20**

Accessed LGBT+ perinatal mental health parent and families training for GGC staff.  Active promotion and signposting to NES Perinatal and Infant Mental Health e-learning modules and Healthy Minds Maternal Mental Health Awareness Session.