

HEE Perinatal Mental Health



Having children can be a very positive experience, but the perinatal period (immediately before and after birth) can be intensely stressful.



The NHS Long Term Plan will increase access to evidence-based care for women with moderate to severe perinatal mental health difficulties, to benefit an **additional 24,000 women per year by 2023/24**, in addition to the **extra 30,000 women getting help in specialist community perinatal mental health services** by 2020.



In the UK, estimates indicate that **up to 27% of women develop a mental illness during pregnancy** or within the first year after having a baby^[1], with up to five per cent experiencing a serious psychiatric disorder.



HEE is committed to **increasing workforce capacity and capability** in specialist perinatal mental healthcare and ensuring the wider workforce across the care pathway has access to the **right knowledge and skills in perinatal mental healthcare** enabling them to deliver the appropriate care, support and treatment.

The HEE Mental Health Programme has been developing a range of different products and learning to support our workforce. This includes:



Perinatal Competency Framework:

Actively promoting and evaluating usage of this online tool and evaluating improvements around learning needs.



Specialist training for Occupational Therapists:

An accessible blended learning resource to develop and enhance technical skills and knowledge around perinatal mental health, and provide robust leadership and supervision to others in the team.



'Mood Disorders':

A learning programme for Clinical Psychologists to develop and enhance technical skills and knowledge around perinatal mental health, and provide robust leadership and supervision to others in the team.



Postgraduate training:

Commissioning appropriate postgraduate learning programmes for medical and non-medical professionals working in perinatal mental health.



Interventions Framework:

Supporting the flexible use and development of the workforce to deliver Perinatal mental health services through a framework that defines the key functional interventions and articulates the key tasks and activities required for each of these functional interventions.



Online learning 24/7:

Reviewing and updating of published Perinatal mental health related e-learning resources.

[1] Howard, L. M., Ryan, E. G., Trevillion, K., Anderson, F., Bick, D., Bye, A., ... & Milgrom, J. (2018). Accuracy of the Whooley questions and the Edinburgh Postnatal Depression Scale in identifying depression and other mental disorders in early pregnancy. The British Journal of Psychiatry, 212(1), 50-56.