

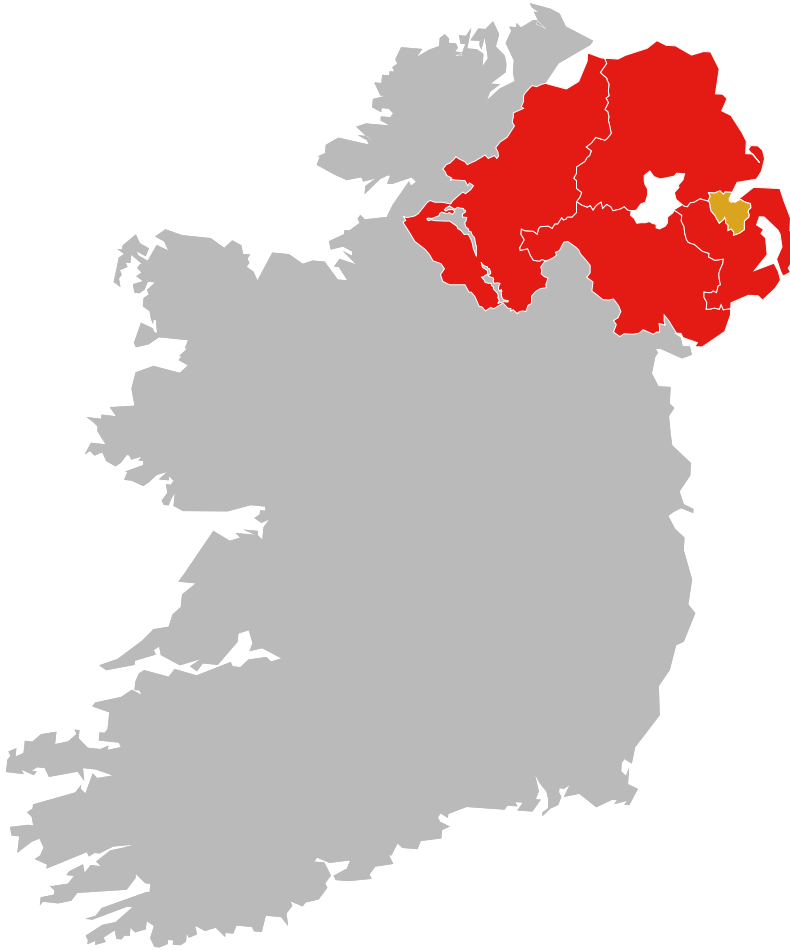
Maternal Mental Health Alliance

**Map of Specialist Community
Perinatal Mental Health Teams
(UK)**

2020



Specialist Community Perinatal Mental Health Services (Northern Ireland)



Level	Health and Social Care Trust Name
Yellow	Belfast
Red	Northern
Red	Southern
Red	Western
Red	South Western

LEVEL	COLOUR	CRITERIA
5	Green	Specialised perinatal community team that meets Perinatal Quality Network Standard Type 1 https://bit.ly/2ZRQLly
4	Light Green	Specialised perinatal community team that meets Joint Commissioning Panel criteria http://bit.ly/2AhAVeX
3	Yellow	Perinatal community service operating throughout working hours with at least a specialist perinatal psychiatrist with dedicated time AND specialist perinatal mental health nurse with dedicated time, with access to perinatal psychiatrist throughout working hours.
2	Light Yellow	Specialised perinatal psychiatrist AND specialist perinatal nurse with dedicated time
1	Pink	Specialised perinatal psychiatrist or specialist perinatal nurse with dedicated time only
0	Red	No provision
	Grey	Data not available

Disclaimer Details in this map have been compiled using the information available at the time of printing. Please contact info@everyonesbusiness.org.uk if you suspect any inaccuracy.

More than 1 in 10 women develop a mental illness during pregnancy or within the first year after having a baby.

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Specialist Community Perinatal Mental Health Services Northern Ireland

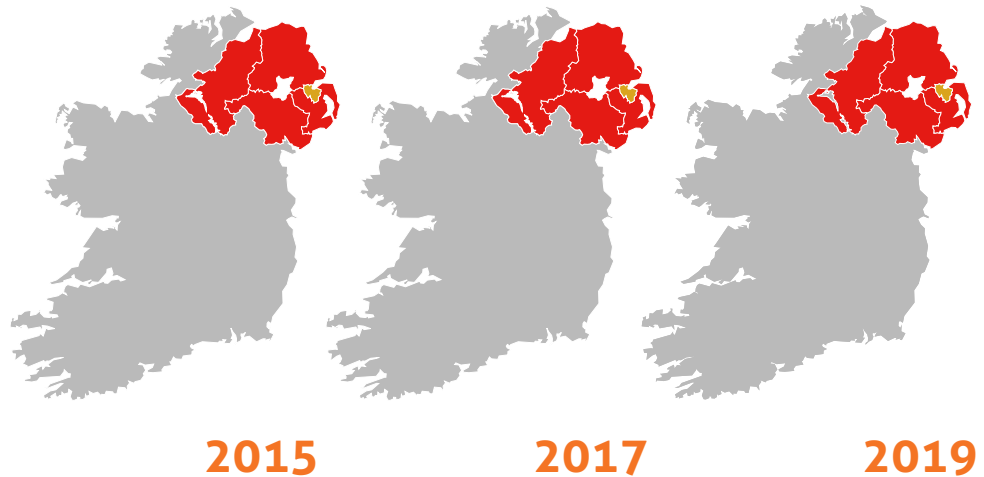
The MMHA calls for all women throughout the UK who experience a perinatal mental illness to receive the care they and their families need, wherever and whenever they need it. Whilst we celebrate progress in specialist perinatal mental health (PMH) services in some parts of the UK, it is vital we keep pushing to **Turn – and Keep – the Map Green.**

Funding, plans and commitments



- 2018:**
 - Funding for staff training in PMH
- 2019:**
 - All political parties co-sign Consensus Statement
- 2020:**
 - The Mental Health Action Plan includes objective to agree and fund a new service model for specialist community PMH services by Sept 2020

The story so far



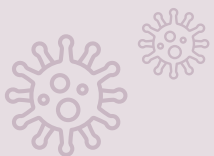
0% of Health and Social Care Trusts met green criteria in 2019

Risks and concerns



It is fantastic to finally have a commitment to specialist PMH community services, but there is still a journey ahead:

- 1 80% of the country cannot access specialist community services
- 2 Will there be enough staff for the planned specialist community services?
- 3 No plans officially announced for a Mother and Baby Unit in Northern Ireland
- 4 How to ensure plans are concrete and funding is sufficient and sustainable?



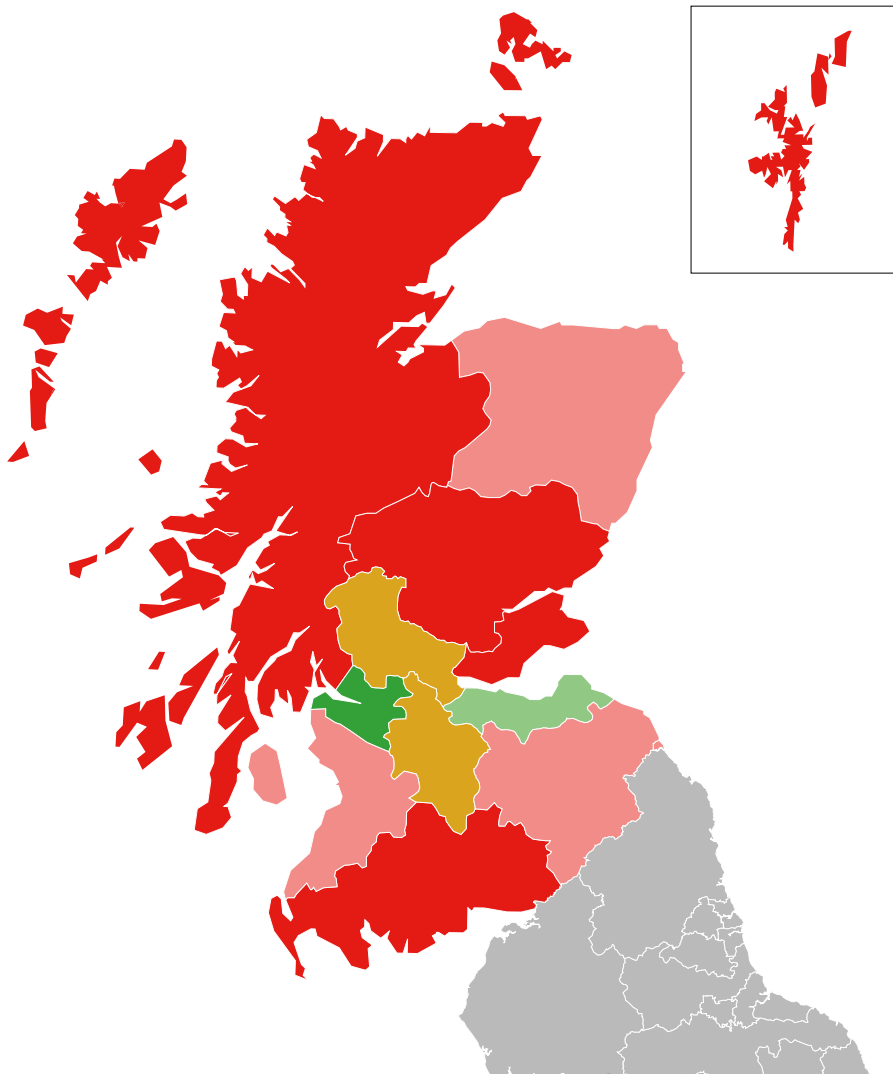
What will be the impact of COVID-19?

The COVID-19 pandemic will impact on the already high rates of PMH need, with potential long-term consequences. PMH experts fear an increase of referrals on the horizon, meaning national and local decision-makers must proactively PLAN with the *mental* as well as physical health needs of women and families in mind during and beyond COVID-19.

The Maternal Mental Health Alliance's Everyone's Business campaign calls for all women throughout the UK with PMH conditions to receive the treatment they need, where and when they need it.

Help Turn – and Keep – the Map Green.

Specialist Community Perinatal Mental Health Services (Scotland)



Level	Health Board Name
	Ayrshire and Arran
	Borders
	Dumfries and Galloway
	Fife
	Forth Valley
	Grampian
	Greater Glasgow and Clyde
	Highland
	Lanarkshire
	Lothian
	Orkney
	Shetland
	Tayside
	Western Isles

LEVEL	COLOUR	CRITERIA
5	Dark Green	Specialised perinatal community team that meets Perinatal Quality Network Standard Type 1 https://bit.ly/2ZRQLly
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3	Yellow-Green	Perinatal community service operating throughout working hours with at least a specialist perinatal psychiatrist with dedicated time AND specialist perinatal mental health nurse with dedicated time, with access to perinatal psychiatrist throughout working hours.
2	Yellow	Specialised perinatal psychiatrist AND specialist perinatal nurse with dedicated time
1	Light Orange	Specialised perinatal psychiatrist or specialist perinatal nurse with dedicated time only
0	Red	No provision
	Grey	Data not available

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More than 1 in 10 women develop a mental illness during pregnancy or within the first year after having a baby.

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Specialist Community Perinatal Mental Health Services Scotland

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Funding, plans and commitments



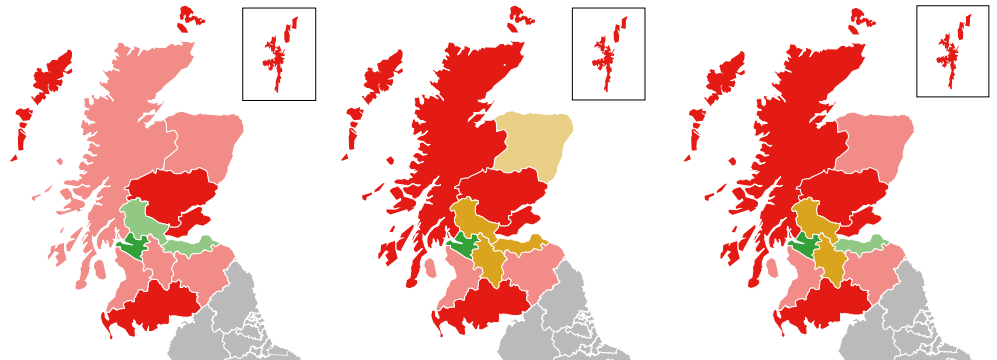
2018:

- The Scottish Government announced investment of £250 million over 4 years to support mental health, including PMH

2019:

- The Scottish Government revealed that £52 million would be spent on improving access to perinatal and infant mental health services
- The Perinatal and Infant Mental Health Programme Board was established in April to advise the Government on how funds should be allocated, and a robust delivery plan for 2019/20 has now been delivered
- The National Managed Clinical Network (MCN) for PMH launched their needs assessment report, funded by the Scottish Government, and Women and Families Maternal Mental Health Pledge, developed in partnership with Maternal Mental Health Scotland Change Agents

The story so far



2015

2017

2019

14%

of Health Boards met green criteria in 2019

What will be the impact of COVID-19?



The COVID-19 pandemic will impact on the already high rates of PMH need, with potential long-term consequences. PMH experts fear an increase of referrals on the horizon, meaning national and local decision-makers must proactively PLAN with the *mental* as well as physical health needs of women and families in mind during and beyond COVID-19.

Risks and concerns



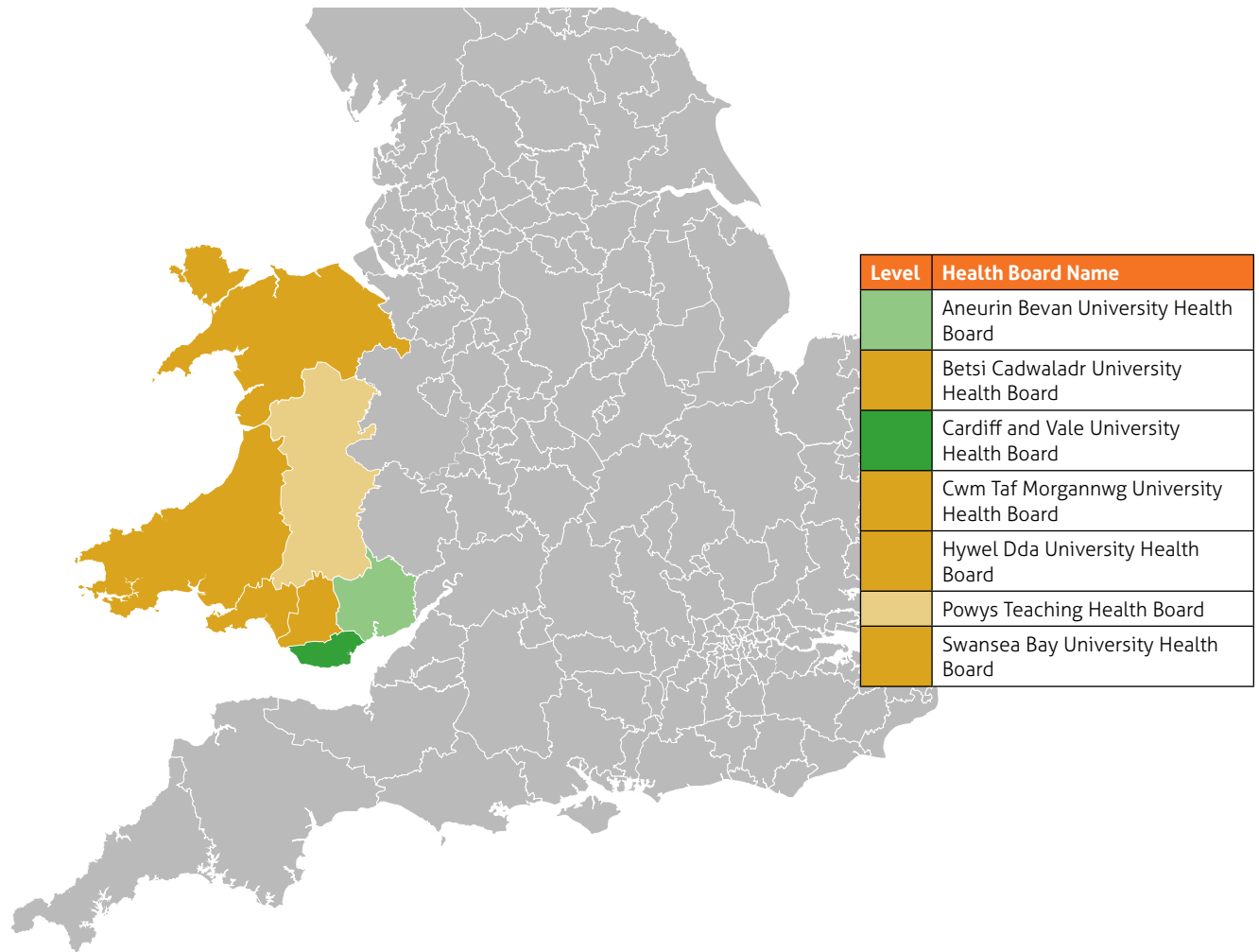
Whilst plans for specialist PMH community services and the ongoing commitment to improving access and the quality of these services are positive steps forward, there are key concerns:

- 1 Is the pledged £52m going to be enough?
- 2 How will services be sustained beyond the 5 years covered by this funding pledge?
- 3 Will there be enough staff for the new and current specialist PMH services?

The Maternal Mental Health Alliance's Everyone's Business campaign calls for all women throughout the UK with PMH conditions to receive the treatment they need, where and when they need it.

Help Turn – and Keep – the Map Green.

Specialist Community Perinatal Mental Health Services (Wales)



LEVEL	COLOUR	CRITERIA
5	Dark Green	Specialised perinatal community team that meets Perinatal Quality Network Standard Type 1 https://bit.ly/2ZRQLly
4	Light Green	Specialised perinatal community team that meets Joint Commissioning Panel criteria http://bit.ly/2AhAVeX
3	Orange	Perinatal community service operating throughout working hours with at least a specialist perinatal psychiatrist with dedicated time AND specialist perinatal mental health nurse with dedicated time, with access to perinatal psychiatrist throughout working hours.
2	Light Orange	Specialised perinatal psychiatrist AND specialist perinatal nurse with dedicated time
1	Red	Specialised perinatal psychiatrist or specialist perinatal nurse with dedicated time only
0	Dark Red	No provision
	Grey	Data not available

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Specialist Community Perinatal Mental Health Services Wales

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Funding, plans and commitments



2015:

- The Welsh Government announced £1.5m in new and recurrent funding for specialist community PMH services

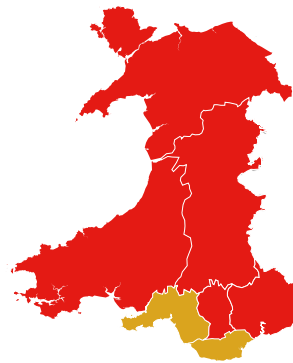
2018-2020:

- Additional investment from Government in 2018 and 2019 increased recurrent annual funding to £2.5m for specialist PMH services

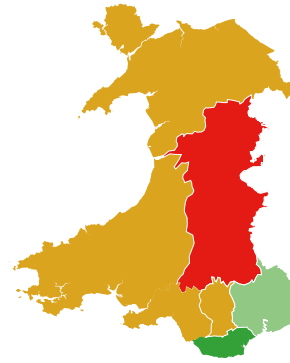
2020:

- The Together for Mental Health Delivery Plan 2019-2022 identified improving access and quality of specialist PMH services as a key priority
- Minister for Health and Social Services announced plans for an interim Mother and Baby unit (MBU) in Swansea Bay University Health Board by Spring 2021
- PMH Network Board established to advise on the development of PMH services in Wales

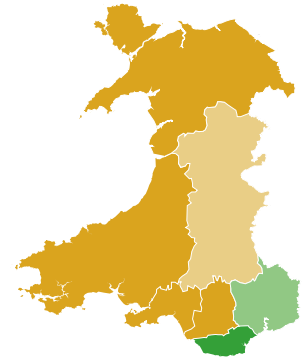
The story so far



2015



2017



2019

29%

of Health Boards met green criteria in 2019

What will be the impact of COVID-19?



The COVID-19 pandemic will impact on the already high rates of PMH need, with potential long-term consequences. PMH experts fear an increase of referrals on the horizon, meaning national and local decision-makers must proactively PLAN with the *mental* as well as physical health needs of women and families in mind during and beyond COVID-19.

Risks and concerns



Whilst the ongoing commitment to improving access and the quality of specialist PMH community services is positive, there are key concerns:

- 1 Is the funding to date sufficient to Turn the Map Green in Wales and ensure all services meet quality standards?
- 2 Where will further investment in workforce come from?
- 3 How will reassurance be officially given that urgent milestones in the Together for Mental Health Delivery Plan, including a MBU for Wales, are on track and will not be delayed?

The Maternal Mental Health Alliance's Everyone's Business campaign calls for all women throughout the UK with PMH conditions to receive the treatment they need, where and when they need it.

Help Turn – and Keep – the Map Green.

Specialist Community Perinatal Mental Health Services England

The MMHA calls for all women throughout the UK who experience a perinatal mental illness to receive the care they and their families need, wherever and whenever they need it. Whilst we celebrate progress in specialist perinatal mental health (PMH) services in some parts of the UK, it is vital we keep pushing to **Turn – and Keep – the Map Green.**

Funding, plans and commitments



2015:

- £75 million committed in budget for PMH care

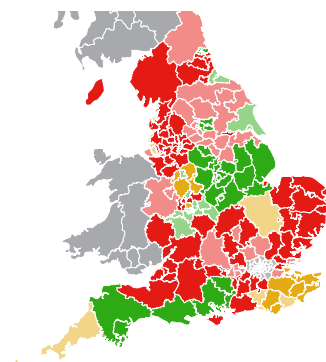
2016:

- Government announced additional £290m investment in PMH services as part of the Five Year Forward View, starting with £40m allocated to Wave 1 areas in the first year

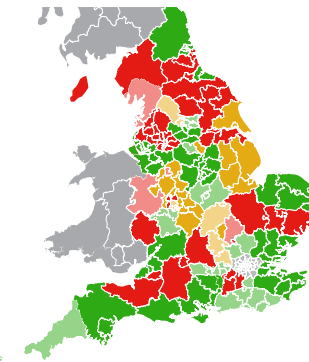
2019:

- All CCGs received recurrent funding for specialist PMH services in baseline budgets, as per Five Year Forward View
- NHS England's Long Term Plan contains further ambitions for PMH, including more women being able to access services and help for partners, and their Mental Health Implementation Plan commits extra funding (increasing each year until 2023/24) in order to meet these ambitions

The story so far



2015



2017



2019

An estimated*
80%
of Clinical
Commissioning
Groups met
green criteria

* This estimate is based on the data received. The collection and verification of data for England was not complete before COVID-19. In the context of the pandemic and without a complete set of data it has not been possible to update the England map this time.

What will be the impact of COVID-19?



The COVID-19 pandemic will impact on the already high rates of PMH need, with potential long-term consequences. PMH experts fear an increase of referrals on the horizon, meaning national and local decision-makers must proactively PLAN with the mental as well as physical health needs of women and families in mind during and beyond COVID-19.

Risks and concerns



Whilst significant progress and the ongoing commitment to improving PMH care in the Long Term Plan is welcome, we know more is needed to ensure real change for women and families.

- 1 Funding transparency:** PMH spending by CCGs is not publicly available and there is competition for funds locally
- 2 Workforce:** Some areas have struggled to recruit staff, delaying the development of a complete service
- 3 Sustainability of services:** ongoing commitment at the local level needed to ensure progress in specialist services provision is sustained and Long Term Plan ambitions can be met

The Maternal Mental Health Alliance's Everyone's Business campaign calls for all women throughout the UK with PMH conditions to receive the treatment they need, where and when they need it.

Help Turn – and Keep – the Map Green.

Q: How is data collected?

A: The maps were created from data collected via a self-assessment from Service Managers/Team leaders/Consultant Psychiatrists in each area, with much appreciated support from the Royal College of Psychiatrists. Teams themselves provided the rating for the level of service available. Details of provision have been assessed using the best information available at the time of publication.

Q: Why has data for England not been published?

A: Data for England was incomplete at the start of the COVID-19 crisis. Given the circumstances, it did not feel appropriate to pressure healthcare teams for missing data at this extraordinary time. In addition, there is a significant amount of fact-checking required to verify the data submitted which, again, it did not feel appropriate to pursue at this time.

Q: What do you imagine the data for England would show?

A: With the caveat of responses which may have needed further verification, the overwhelming picture is of a huge overall improvement in the services available in England. As the data stands, over 80% of services were rated as green (i.e. meeting criteria for level 4 or 5).

Q: When will you publish new data?

A: Given the unprecedented times we find ourselves in, we cannot say for certain when we will be able to publish new data for England. There will be various considerations to take into account, including the capacity of those we will need to submit and verify the data. In addition, the perinatal mental health landscape is shifting all the time and it may be more appropriate to ask for information relating to progress against National Perinatal Quality Standards and NHS England's Long Term Plan.

Q: If CCGs in England are predominantly rated green, where next for the campaign?

A: Whilst it is fantastic to see improvements in specialist services in England, there is still work to be done. Turning the map green was always a first step and it will now be important to ensure women and families are supported across the rest of the

pathway and beyond specialist services. We will, of course, continue to campaign for equity in the devolved nations as well.

Q: Why publish data for Northern Ireland, Scotland and Wales?

A: Given the smaller number of Health Boards/Health and Social Care Trusts in Northern Ireland, Scotland and Wales, we were able to collate and verify the data before the start of the COVID-19 crisis. We felt it was important to publish these complete data sets so they can be used as an important campaigning tool to improve the services available to women and their families.

Q: Do we expect all Scottish islands to Turn Green?

A: All women and families need to be able to access a specialist PMH service wherever they live in the UK. Whether this means a physical team on each Scottish island or services being set up in another way is currently being explored by the Managed Clinical Network in Scotland. Our maps will continue to monitor progress across Scotland, including whether women and families have access to PMH care and support that meets agreed national guidelines. Currently, women and families living in Scottish islands that are red on the map continue to not have access to a specialist PMH service.

Q: How will perinatal mental health services be affected by the COVID-19 pandemic?

A: Stress and mental health needs for women and families are likely to increase from an already high level because of the COVID-19 pandemic. Perinatal mental health services and a trained workforce will be vital in addressing the longer-term impact of the crisis. MMHA has issued a Plea to national and local decision makers to [PLAN for perinatal mental health care during and beyond COVID-19](#).

Further COVID-19 resources and guidance can be found [here](#).

Please contact the campaign team on info@everyonesbusiness.org.uk if you suspect any inaccuracies.

Map of Specialist Community Perinatal Mental Health Teams (UK)

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Maternal Mental Health Alliance

www.maternalmentalhealthalliance.org

The Maternal Mental Health Alliance is a Charitable Incorporated Organisation (CIO) registered in England and Wales (no. 1178152).

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