



## **Guidance for triage process and referral pathway to Perinatal Mental Health Team For Maternity and Health Visiting Staff**

Queries and referrals **MUST** be sent into the Perinatal email address: [PerinatalMHT@southerntrust.hscni.net](mailto:PerinatalMHT@southerntrust.hscni.net). This email inbox is monitored Monday to Friday between the hours of 09.00-17.00. The team will aim to respond to your email within 1 working day.

Please note: the Perinatal Team **does not** replace existing acute mental health services: eg: Home Treatment Crisis Response team (HTCR), Psychiatric Integrated Liaison Service (ILS).

In the event of significant concerns and red flags being identified regarding a woman's mental health, please continue to use existing pathways to access urgent mental health assessment and onward referral as required.

Staff can also telephone to discuss queries with the Perinatal HV and MW. You will be guided through the Perinatal Triage record which will support the Perinatal HV and MW to effectively screen the information being shared.

Mary Magee, Specialist Health Visitor – 07553586878,

Leanne Armstrong, Specialist Midwife- 07825010366.

Perinatal Team Landline: 028 375 65310.

1. We encourage Health Visitors and Midwives to discuss queries and potential referrals with the Perinatal team. We have access to the mental health database and can see more detailed information on diagnosis, referrals made and if the client is already open to mental health services. This also offers clarity for staff and importantly for the woman, that advice and consultation is being sought initially, rather than an expectation that they have been referred and accepted into the care of the Perinatal Mental Health service.
2. It is considered best practice to gain consent from the woman for both the purposes of discussion at the Perinatal triage meeting and also where a referral is deemed appropriate. Completed referrals forms can be sent to [PerinatalMHT@southerntrust.hscni.net](mailto:PerinatalMHT@southerntrust.hscni.net)



3. On receipt of a query or potential referral, the referrer will receive an email acknowledging same.
4. Queries and potential referrals are triaged on a Tuesday morning.
  - Feedback is then provided to the referrer.
  - Those not accepted will be signposted appropriately.
5. Those woman accepted will be sent a date for an initial assessment by the Perinatal Clinical Nurse Lead and another member of the Perinatal team.
  - Urgent – Within 2 weeks.
  - Routine – within 4 weeks.
6. Assessment will then be completed and discussed at the Perinatal MDT. Communication with the referrer will continue throughout this process.
7. If referral is accepted, a care co-ordinator/keyworker will be appointed. They will do a further period of assessments, formulate individual care plans which will be thought about together with the whole Perinatal MDT team to ensure the most appropriate care and treatment for the woman, her infant and the family. MDT co-workers (OT, MW HV etc.) are appointed as required to meet the individual needs of each woman, infant and family.
8. If not accepted, the reasons for same and appropriate signposting and advice will be provided to the referrer.