

Guidance for Referral Pathway to Perinatal Mental Health Team

Queries and referrals **MUST** be sent into Perinatal email address:
PerinatalMHT@southerntrust.hscni.net

[Perinatal General Enquires TEL: 02837 565310](tel:02837565310)

1. Referrals to Perinatal Team **MUST** be agreed via your MDT prior to referral being submitted
2. Referral form is completed on PARIS. Once referred on this will then appear on PNMHT duty desk.
3. On receipt of referral, referrer will receive an email acknowledging same.
4. Referrals are triaged on a Tuesday morning.
 - Feedback is then provided to the referrer.
 - Those not accepted will be signposted appropriately.
5. Those accepted will be sent a date for assessment.
 - Urgent – Within 2 weeks.
 - Routine – within 4 weeks.
6. Assessment will then be completed and discussed at MDT
7. If referral is accepted a care co-ordinator/keyworker will be appointed. They will do a further period of assessments, formulation takes place and MDT co-workers(OT, Health Visitor etc) are appointed as appropriate
8. If not accepted, the reasons for same and appropriate signposting and advice will be provided.