



Southern Trust **Perinatal Mental Health Team Referral criteria**

The team will accept referrals from GPs, CMHT, Health Visitors and maternity staff, including obstetricians and midwives. In general, referrals from maternity staff will have been discussed with the Perinatal team Midwife. Referrals from health visiting staff will have been discussed with the Perinatal team Health Visitor.

The service provides for women of 18 and above but will work alongside colleagues in CAMHS to ensure under 18's are not excluded from specialist services if perinatal psychiatric disorder dominates the clinical picture.

The team accepts referrals from twelve weeks gestation up to one year postnatal.

Criteria

1. Women with past or present serious mental illness, including bipolar disorder, schizophrenia, schizoaffective disorder and psychotic depression.

It should be noted that this criteria includes women who are currently well but who due to their diagnosis are at a high risk of relapse in the postnatal period. This applies to criteria 2 and 3 below also.

2. Women with past or present psychosis in the postnatal period.
3. Women with past or present depression that has required acute care or involved a serious attempt on their life
4. Other diagnoses such as moderate depression, anxiety disorder or OCD where there is;
 - a significant effect on functioning for example parenting or ability to work
 - a previous puerperal component to illness
 - a significant family history particularly a history of bipolar disorder or puerperal psychosis on the maternal side.

Consideration will also be given to less severe presentations of these mental illnesses if added complexity has been identified, for example domestic violence, asylum seeking status, social deprivation and complex trauma.

Consideration will also be given to the mother infant relationship in the context of the above diagnoses.

Decisions regarding input for less severe forms of illness will be made on a case by case basis.

5. Women with a primary diagnosis of substance misuse or personality disorder will be accepted if there is a coexisting diagnosis of mental illness as specified above.
6. Women with a history of past/ current serious mental illness who are planning a pregnancy and would benefit from preconceptual counselling.
7. Women with a high risk of relapse of serious mental illness in the postnatal period and those women with psychosis in the postnatal period can be seen, even if their baby is not in their care.

However, if the woman is already receiving care from a community mental health team, advice and consultation from the perinatal team might be more appropriate. This will also apply to women with serious mental illness who experience neonatal loss, stillbirth or intrauterine death.

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