

Pre-Conceptual Care Specialist Team

Ask. Assess. Act

Match the care to the need
Right Care. Right Time. Right People

If the woman is planning a pregnancy and has a history of complex or severe mental health problems we can support her to navigate the pathways and open the door to parenthood.

Specialist Perinatal Mental Health Services
Perinatal Mental Health Teams & Inpatient Provision

Active Listening

● GP/Primary Mental Health Support Service/Community/Adolescent Mental Health Teams

● Watchful Waiting

● Universal



If she is planning a pregnancy and need additional support, a referral can be made to a Specialist Perinatal Mental Health professional



We will ensure a **family approach** and involve supportive partners, family members and others where possible and appropriate.



The review should include:

Comprehensive history including formulation, risks, protective factors, support network, intergenerational issues and wellbeing recommendations

Consideration of **prescription options** and medication doses during pregnancy and risk of relapse discussion

Discussion around the **risks and benefits of taking medication** during pregnancy and advice on breast feeding



We will provide a **safe environment** to explore fears and expectations to ensure an **informed decision** about pregnancy and parenthood can be made.



Support with the completion of a **'Having a Family' plan** which could include monitoring mental state, medication, psychological interventions, birth planning and working in partnership with maternity and health visiting.

If they go on to become pregnant, a referral to the **Specialist Perinatal Mental Health Team** will need to be offered.



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