

Department of Clinical Health Psychology

Maternity Psychology Service; September 2020

Referrals can be made via Badger (Clinical Health Psychology) or emailed to Psychology@swft.nhs.uk for the following presentations for both patients and partners:

1. Maternal request for caesarean section on psychological grounds before 33/40 (see updated C/S guidelines SWH 02968)
2. Physical complications related to pregnancy or birth
3. Traumatic stress or psychological injury in response to the pregnancy or birth experience
4. Complications and abnormalities detected in the foetus or newborn
5. Birth preparation and pink sticker work (may be linked to any of the referral reasons)
6. Psychological adjustment to babies requiring Special Care
7. Loss; where usual social support alone or bereavement counselling has not aided grief process sufficiently
8. Support for staff in response to difficult or complicated events

For other referral reasons, consider other services (see p.2 for more detail):

There are three main referral routes for women presenting with psychological and mental health difficulties in pregnancy:

- **IAPT** for mild-moderate perinatal and non-perinatal mental health difficulties
- **PMHT** for moderate-severe perinatal mental health difficulties.
- **Clinical Health Psychology (CHP)**; criteria 1-8, above)

Referral process:

If unsure which is the correct service, health professionals can discuss potential referrals with any of the three services (see contact details on p.2).

Woman experiencing mental health or psychological difficulties in pregnancy/postnatal period
(as identified by e.g. Whooley/GAD questions)

1. Imminent risk/Crisis situation: If in crisis call crisis team 0300 200 0011, PMHT 02476 212176 or MBU
2. Ongoing, not crisis: Refer as follows if requested:

PMHT

- **Moderate to severe** mental health issues specifically related to/or exacerbated by the **pregnancy or the postnatal period**
- Risk issues related to the above
- **Pre-conception** for women with their own, or a female family history of, bipolar disorder or other psychotic disorders.
- Referral via Badger
- Tel: **02476 212176**
- Email: pmht@covwarkpt.nhs.uk

Clinical Health Psychology (SWFT); CHP

- Maternal request for caesarean section on psychological grounds before 33/40 (see updated C/S guidelines).
 - Physical complications related to pregnancy or birth.
 - Traumatic stress or psychological injury in response to the pregnancy or birth experience (where PMHT nor IAPT are appropriate)
 - Complications and abnormalities detected in the foetus or newborn.
 - Birth preparation and pink sticker work (linked to any of the other referral reasons).
 - Psychological adjustment to babies requiring Special Care.
 - Loss; where usual social support alone or bereavement counselling has not aided grief process sufficiently.
 - Mothers and partners can be referred for any of the above.
 - Support for staff in response to difficult or complicated events.
- Referrals made via Badger or email: psychology@swft.nhs.uk
Tel: **01926 495321 x 4417**

IAPT

- **Mild to moderate** mental health issues e.g. anxiety or low mood which may be related or unrelated to pregnancy.
- Self referrals encouraged to **0300 303 1918** or email: cwp-tr.iapt@nhs.net