

CONSULTANT CONNECT CRITERIA

EPDS/PSYCHOMETRICS ARE A GUIDE ONLY – PLEASE CONSIDER IN-LINE WITH CLINICAL PRESENTATION

CATEGORY	MENTAL HEALTH	SCORE	ACCEPTING REFERRAL CRITERIA	POSSIBLE INTERVENTIONS
Intensive Tier 2 PATHWAY 7	Severe	EPDS 20+ GAD 15 PHQ9 20-27	History of severe mental illness – severe depression or anxiety, bipolar affective disorder, post-partum psychosis, eating disorder, OCD, PTSD and EUPD (emotionally unstable personality disorder) Preconception – planning to have children and has a severe mental illness or on multiple psychotropic medication (PATHWAY 1) RED FLAGS: Presenting in the first four week post-partum (high risk period for presenting psychosis); Sudden deterioration of mental health – abnormal thoughts, sleep deprivation, lack of self-care, decreased appetite which impacts on daily life; Thoughts of violent method of suicide; Severe attachment difficulties – estrangement/feeling estranged from infant bonding; Thoughts of absconson; History of child and family social services input; Previous suicide attempt or self-harm; Any thoughts to harm child or psychotic thoughts relating to child increases risk; Hostility or irritability towards unborn baby, infant or other children; Fluctuation in presentation ADDITIONAL CONTRIBUTING FACTORS WHICH MAY BE PRESENT ALONGSIDE MENTAL HEALTH PRESENTATION: Self-neglect; Tokophobia; Neonatal risk; Harm to others; Current medication; Drug and alcohol issues; Safeguarding risks; Pervasive guilt/hopelessness; New or persistent beliefs or inadequacy as a mother; Current domestic abuse/vulnerability; Homelessness/ Sleeping rough; Women who have not responded to treatment by Primary Care Mental Health Support Services	Psychological interventions via Specialist Perinatal Mental Health Team Psychological interventions via Integrated Psychological Therapies Service (IPTs) (PATHWAY 10) Possible joint working with CRHT (PATHWAY 8) Possible joint working with CMHT Possible referral and admission to MBU (PATHWAY 9)
Enhanced Plus Tier 1 PATHWAY 6	Moderate	EPDS 15-20 GAD 10 PHQ9 15-19	MENTAL HEALTH PRESENTATION: Current SMI – mental health stable; History of moderate mental illness with moderate risk history (suicide/moderate risk self-harm); Family history of severe mental illness – Psychosis/Bipolar; Moderate fear of childbirth; Moderate Perinatal OCD; Moderate anxiety; Moderate depression; Moderate PTSD regarding childbirth; ADDITIONAL CONTRIBUTING FACTORS WHICH MAY BE PRESENT ALONGSIDE MENTAL HEALTH PRESENTATION: Traumatic birth; Attachment issues; Changes in family circumstances; Relationship issues; Childhood sexual abuse; History of still birth, neonatal death or SID's; Drug and alcohol issues; Young mother	Local Primary Mental Health Support Services; Home start; Self-referral to Team Around the family; Voluntary services; <u>Consider presentation and impact on daily life/intensity and risk</u>
Enhanced Tier 1 PATHWAY 5	Mild	EPDS 13-14 GAD 5 PHQ9 10-14	MENTAL HEALTH PRESENTATION: Mild mental health presentation; Low mood; Mild depression; Mild anxiety; ADDITIONAL CONTRIBUTING FACTORS WHICH MAY BE PRESENT ALONGSIDE MENTAL HEALTH PRESENTATION: Low social support; Perceived trauma during childbirth; Mild attachment and bonding concerns; Communication issues; First time mother; Unplanned pregnancy; Poor socio-economic situation; Fathers mental health status; Very low birth weight (less than 150gm); Baby's disability/illness; Cultural issues	Emotional Wellbeing Listening Visits; Signposting to Stress control and/or Active Your Life or equivalent; Written information – self help guides (IAWN website); Listening visits; Mum's Matter; Voluntary services; Home start
Universal Plus Tier PATHWAY 4	Mild	EPDS 10-12 PHQ9 5-9	MENTAL HEALTH PRESENTATION: Low mood; Mild depression; Mild anxiety (not life limiting); ADDITIONAL FACTORS WHICH MAY BE PRESENT ALONGSIDE MENTAL HEALTH PRESENTATION: Tearfulness; Financial difficulties; Relationship issues; Housing difficulties; Substance issues; Wanting general counselling	Watchful waiting: Signposting to groups and appropriate services; housing; CAB; counselling; drug and alcohol services; Online resources – Enjoy your bump, Enjoy your Baby, Enjoy your Infant; Living Life to the Full; Voluntary services
Universal Tier 0 PATHWAY 3	Nil	EPDS 0-9 PHQ9 0-4	No evidence of mental health difficulties Preconception via the GP (PATHWAY 2)	Bump, Baby and Beyond; Mother and Baby Groups; Voluntary services

Referrals outside of the formal referral criteria can be accepted at the discretion of the service based on the clinical needs of the individual service user. [Following consultation](#)

Exclusions:

Women with a brain injury or other organic disorder including dementia	Women with neuro developmental disorder, learning disability or substance misuse unless they otherwise meet standard referral criteria above
Referral for women over 12 months post-partum will not be considered	Women whose mental health needs can safely be managed within primary care using NICE guidelines
Referrals that do not meet the threshold for the Specialist Perinatal Mental Health Service are returned to the referrer with appropriate signposting advice, all referrers receive written confirmation regarding the outcome of the referral	The service does not provide statutory parenting assessments, local authority remains responsible for the overall assessment of parenting where safeguarding concerns exists