Dear Chief Executive

This survey is being carried out as an essential part of the development of the NICE Guideline on Antenatal and Postnatal Mental Health by the National Collaborating Centre for Mental Health. This is one of three surveys which will help describe services for women with antenatal and postnatal mental health problems at all levels, including primary, maternity and secondary mental health services. The involvement of all PCTs is very important to achieve a complete national picture of current provision, and to support the development of NICE service guidance on antenatal and postnatal mental health. Your assistance with this is greatly appreciated.

Details of person completing the questionnaire

If necessary, please pass on to an individual in the Trust best placed to give the information requested.

Name

Position
Please answer the following questions as accurately as possible. There are spaces provided for more information and comments if it is not possible to answer the questions using the options provided. If extra space is required, please attach an additional sheet.

a. Is there an identified lead clinician/manager within the Trust responsible for the development and/or coordination of mental health services for women with antenatal or postnatal mental health problems?
   Yes / No
   Is this you?
   Yes / No
   If No please provide details of the individual below:

   Name

   Position

   PCT name

   Address

   Postcode

   Telephone number

   Email address

2. What services are available for women who have identified mental health problems during pregnancy and the postnatal period?

Policies and training
2.1 Is there an agreed policy for the PCT which:
   a) requires all pregnant women, and those in the postnatal period, in contact with primary care services to be routinely asked about their past or current mental health problems?
   Yes / No
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b) specifies that all pregnant women, and those in the postnatal period, should be asked about their mental health problems at the following times:

- on initial contact with the service  
  Yes/No
- at subsequent appointments during pregnancy  
  Yes/No
- postnatally  
  Yes/No

c) is agreed and implemented throughout the whole PCT area as follows:

- agreed  
  Yes/No
- fully implemented  
  Yes/No
- partially implemented  
  Yes/No
- not implemented  
  Yes/No

2.2 Is there a pathway/protocol within the PCT for the care of women with current mental health problems during the perinatal period?

a) Developed  
Yes/No
b) Implemented throughout the PCT area
- fully implemented  
  Yes/No
- partially implemented  
  Yes/No
- not implemented  
  Yes/No

2.3 Is there an identified mental health training programme for health visitors in the PCT?

a) Training programme developed  
Yes/No
b) What proportion of health visitors have received training:
- All  
  Yes/No
- Most  
  Yes/No
- Few or none  
  Yes/No

2.4 Please describe any other dedicated antenatal and postnatal mental health services in the PCT

________________________________________________________________
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Services for women with severe mental health problems

Severe mental illness (SMI) refers to psychotic disorders (schizophrenia and bipolar disorder), depressive disorders and other mental disorders of sufficient severity that they significantly impair the daily personal and social functioning of an individual.

2.5 All women with SMI have access to a specialist antenatal and postnatal mental health service

Yes/No

2.6 Women with SMI who require inpatient care have access to a specialist mother and baby unit

Yes/No

If known, please indicate the number of admissions to specialist mother and baby units for the financial year 2004/2005

N = _____

3. Does the Trust have an APMH/Perinatal Mental Health Strategy?

- Yes – Multi-agency (If available please attach)
- Yes – PCT only (If available please attach)
- No – but in preparation – multi-agency
- No – but in preparation – PCT only
- No

Comments

Please provide any further comments or information that you feel may be relevant in the space below:

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________________________________________________________________
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________________________________________________________________
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____________________________________________________________________
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____________________________________________________________________

Signed: ____
Date: ____

Please return the completed questionnaire to (SAE enclosed):
Antenatal and Postnatal Mental Health Services Survey
NICE APMH Guideline
National Collaborating Centre for Mental Health Centre for Outcomes Research and Effectiveness
British Psychological Society
Sub-Department of Clinical Health Psychology
University College London
1-19 Torrington Place
London
WC1E 7HB

If you have any queries please contact Jenny Turner
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Email: jenny.turner@ucl.ac.uk