

# Integrated Perinatal Mental Health Pathway

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Royal Borough of Kensington  
and Chelsea and Westminster

This guidance has been developed to help all front-line health and care professionals and non-clinical staff who are involved in the care of mothers, babies and their partners and / families to talk about perinatal mental health and emotional wellbeing. A wide range of partners in the Royal Borough of Kensington and Chelsea and Westminster have co-produced the integrated pathway.



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



City of Westminster

# 1

# Introduction

## 1.1 Background

The perinatal period is the time from conception (of a baby) to when the child is 2 years old. 20% of women experience mental health difficulties or problems during this time. This provides a window of opportunity for the early identification of mental health issues. Early intervention prevents suffering and isolation, strengthens families, supports children to have a healthy start, and helps to prevent suicide, the leading cause of maternal death in the UK. Research shows that 50% of women with depression go undetected and do not access treatment and support.

This integrated pathway acknowledges that each organisation involved in perinatal mental health (PMH) work will have their own policies and clinical pathways and is not seeking to replace these but to connect all these components so that families can move between the services more easily. It recognises the importance of a whole system approach to mental health care in this period.

The Government's Family Hub and Start for Life programme guide (August 2022) puts a particular emphasis on supporting 'parents/carers with mild to moderate mental health needs or who would benefit from universal parent-infant support'.

Stating that 'parents should be seamlessly connected to all services set out via their family hub'. Westminster and the Royal Borough of Kensington and Chelsea (RBKC) have an existing and established family hub partnership which supports this integrated approach.

## 1.2 Aims of the Pathway

This pathway has 3 key aims:

- 1. Collaborative:** To bring together professionals involved in PMH work, promoting a culture of integration that supports the earlier identification of need.
- 2. Consistency:** To create a shared and consistent language and understanding of perinatal and parent infant mental health services for professionals.
- 3. Care:** Through the earlier identification ensure access to early support and treatment.

It is written with the belief that this integrated approach will improve outcomes for women, their children and their families.

## 1.3 Shared principles

A set of shared principles have emerged in the development of this pathway and will underpin our work in this area. They are:

**Whole Family:** it is important that we look at the needs of the whole family and work within the family's unique context. This will include the partner, or other significant carer in the household, and the needs of the children.

**Integrated:** We will work collaboratively and develop an integrated approach to support for families that is community based and ensures a consistent approach to the application of levels of need and has agreed response frameworks.

**Team around the Family:** we will adopt a team around the family approach at the earliest point, with the aim of communicating better with the family and having one plan. We will identify a lead professional from the family's network to co-ordinate the team around work.

**Relational:** our approach will be relational, which will focus on building trust and empowerment rather than 'doing to' and, as stated above, will involve working with the whole family context to create sustainable change rather than seeing 'issues' in silos.

# 2

## The pathway background information

### 2.1 Defining the Pathway

There are 2 pathways: antenatal and postnatal and these are divided into 3 levels of need:

**Green:** No evidence of significant emotional wellbeing concerns or prospective attachment issues and to continue to ask about emotional wellbeing.

**Amber:** Evidence of mild to moderate emotional health concerns or possible attachment issues which may impact negatively on the parent-infant relationship and baby's development.

**Red:** Evidence of moderate to severe mental health concerns which are likely to detrimentally impact the parent - infant relationship and baby's development. As well as women who have a pre-existing mental health issue and will be supported from this pathway with access to services in other parts of the pathway too.

**As an integrated system we recognise the importance of all families having access to services in the 'green' zone and aim to prevent women being siloed in 'amber' or 'red' services. Similarly, the overlap of moderate in both pathways is important as it means that practitioners can consider referrals to other services in both parts where there is more uncertainty, safety can therefore be prioritised.**

### 2.2 Training

This perinatal mental health pathway will be underpinned by training, which all staff will attend annually. This will support earlier identification of perinatal mental health by keeping conversations live regarding emotional well-being.

### 2.3 Shared practice approach: Team around the Family

We will adopt a shared practice approach in the application of the pathway to maximise support for families and to ensure the best level of coordination. This will be to convene a Team around the Family (TAF) meeting whenever the level of need changes. This will support streamlined communication between professionals and for the family. A lead professional will be identified to coordinate the network around the family.

Antenatal perinatal mental health pathway for RBKC & Westminster							
<b>Midwives</b>	8-12 weeks	11-14 weeks	16 weeks	18-21 weeks	25 weeks (1st baby green baby and for amber and red all)	28 weeks	Other antenatal checks (including but not limited to 31, 34, 36, 38, 40+ weeks)
<b>Health Visitors</b>						25 weeks (1st baby green baby and for amber and red all)	
<b>GPs</b>					24 weeks (universal)	32, 36, 38 & 40 weeks for those having shared care.	

**GREEN PATHWAY – UNIVERSAL OFFER (ALL PROFESSIONALS)**

For **ALL parents**, those that have mental health concerns will be offered appropriate support IN ADDITION to the universal offer.

- Provide information about universal support and signpost to nearest Family Hub (see full list later in this document)
- Promote positive attitude to pregnancy and relationship to baby. See a range of resources at appendix 3
- Keep checking in on emotional health and wellbeing and raise a Team Around the Family meeting if necessary (see further details below)
- Consider the cultural context, including any language barriers or stigma which may affect the parent's understanding of their mental health
- Be mindful any fear around birth, previous trauma - including traumatic birth, stillbirth or miscarriage (see further details below)

**At initial booking appointment (midwife)**

- Ensure the expectant mother has written information about emotional aspects of the transition to parenthood and about perinatal mental health. Advise them to contact their Midwife (MW), Health Visitor (HV) or GP if they experience symptoms of poor mental health
- Ask about personal and family mental health concerns
- If there is family history of severe mental illness AND concerns about a change in the woman's mental state refer to **RED PATHWAY**
- Refer to universal services** (see green pathway above)

**At ALL antenatal contacts (midwifery/health visitor)**

- Screen for depression using the **WHOOLEY questions** and for anxiety using the **GAD-2 questions**
  - GP** – asks about emotional well-being at all contacts.
  - Refer to universal services** (see green pathway above)
- If **YES** to Whooley questions OR if **GAD-2 score > 3** OR if **high risk** OR if **clinic concerns**, assess using EPDS or PHQ-9 and consider using GAD-7 (see Appendix 2) OR if **GP concern**.

If EPDS, PHQ-9 or GAD-7 is <9 (Low to moderate risk) refer to **AMBER PATHWAY**


**AMBER PATHWAY (MILD – MODERATE)**

- Ensure named MW, HV and GP are informed
- Consider referrals to universal services and targeted services (see full list below)
- Notify MW, HV and GP if client declines support
- Ask about mental health at every visit and inform named MW if severity of symptoms increases and consider **RED PATHWAY**


If EPDS, PHQ-9 or GAD-7 is 10 (moderate to high risk) refer to **RED PATHWAY**

**RED PATHWAY (MODERATE – SEVERE)**

- If there is an immediate risk call ambulance if necessary or the CRISIS LINE **0800 0234 650**
- Refer to Specialist Perinatal Mental Health Service (see details later in this document)
- Ensure GP, MW and HV are informed (inform immediately if woman declines help)
- Continue to offer Green and Amber pathway as appropriate



The pathway is for guidance only, please use your professional judgement and consider risk at all times. Report any [RBKC SAFEGUARDING CONCERNS to 020 7361 3031](#) or [OUT OF HOURS to the EMERGENCY DUTY TEAM 020 7373 2227](#)



For [WESTMINSTER SAFEGUARDING CONCERNS 020 7641 4000](#) or [OUT OF HOURS 020 7641 2388](#)

Postnatal perinatal mental health pathway for RBKC & Westminster				
<b>Midwives</b>	1-10 days postnatal visit (up to 28 days for targeted support)			
<b>Health Visitors</b>	8-14 days New birth visit	6-8 week review	9-12 months review	2-2 ½ years review
<b>GPs</b>		6-8 week review		

**GREEN PATHWAY – UNIVERSAL OFFER (ALL PROFESSIONALS)**

For **ALL parents**, those that have mental health concerns will be offered appropriate support IN ADDITION to the universal offer

- Provide information about universal support for parents with new babies and signpost to nearest Family Hub (see full list later in this document)
- Promote and support understanding of the parent – infant relationship with both parents (offer the PREGNANCY AND POST-BIRTH WELLBEING PLAN and discuss use)
- Keep checking in on emotional health and wellbeing and raise a Team Around the Family meeting if necessary (see further details below)
- Be mindful of issues of language, culture and stigma that may effect parent's understanding of their mental health
- Be mindful any fear around birth, previous traumatic birth, stillbirth or miscarriage (see further details below)

**At HV new birth visit and midwife 1-10 post-natal visit**

- Ensure the parents have written information about emotional aspects of the transition to parenthood and about perinatal mental health. Advise them to contact their Midwife, Health Visitor or GP if they experience symptoms of poor mental health
- Ask about personal and family mental health concerns
- If there is family history of severe mental illness AND concerns about a change in the woman's mental state refer to **RED PATHWAY**
- Screen for depression using the **WHOOLEY questions** and for anxiety using the GAD-2 questions (for professionals trained to use the standard screening questions)
- Be mindful of issues of language, culture and stigma that may effect parent's understanding of their mental health
- Refer to universal services** (see green pathway above)

**At the HV 6-8 week review and 6-8 week contact with GP**

- HV - Screen for depression/anxiety following the questionnaires.**
  - GP - to ask - Is being a mum all that you thought it would be?**
- If **YES** to Whooley questions OR if **GAD-2 score > 3** OR if **high risk** OR if **clinic concerns**, assess using EPDS or PHQ-9 and consider using GAD-7 (see Appendix 2)

If EPDS, PHQ-9 or GAD-7 is <9 (Low to moderate risk) refer to **AMBER PATHWAY**


**AMBER PATHWAY (MILD – MODERATE)**

- Ensure named MW, HV and GP are informed
- Consider referral to universal services.
- Discuss with parent referrals to targeted services (see full list later in this document)
- Notify HV and GP if client declines support
- Ask about mental health at every visit and inform named GP and HV if severity of symptoms increases and consider **RED PATHWAY**


If EPDS, PHQ-9 or GAD-7 is 10 (moderate to high risk) refer to **RED PATHWAY**

**RED PATHWAY (MODERATE – SEVERE)**

- If there is an immediate risk call ambulance if necessary or the CRISIS LINE **0800 0234 650**
- Refer to Specialist Perinatal Mental Health Service (see details later in this document)
- Ensure GP and HV are informed (inform immediately if woman declines help) and MW (until 28 days)
- Continue to offer Green and Amber pathway as appropriate






The pathway is for guidance only, please use your professional judgement and consider risk at all times. Report any [RBKC SAFEGUARDING CONCERNS to 020 7361 3031](#) or [OUT OF HOURS to the EMERGENCY DUTY TEAM 020 7373 2227](#)



For [WESTMINSTER SAFEGUARDING CONCERNS 020 7641 4000](#) or [OUT OF HOURS 020 7641 2388](#)

# Appendix 1

## Provision of perinatal mental health services in Westminster and Royal Borough of Kensington and Chelsea

GREEN/AMBER	AMBER	RED	
<b>Family Hubs – the integrated approach to early support</b>	<b>Talking Therapies</b>	<b>Community Perinatal Mental Health Service (CPMHS)</b>	<b>Mother and Baby Unit.</b>
3 in Westminster, 2 in K&C, (see details below).	 <a href="#">CNWL NHS Talking Therapies</a>	 <a href="#">St Mary's Hospital: Westminster Perinatal Mental Health Service :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)</a>   <a href="#">Kensington and Chelsea Perinatal Service</a>	By referral to a dedicated facility.
The Family Hub services, and physical space provides an opportunity for families to access universal and targeted support in one place. <b>All women, regardless of where they are on the pathway, will benefit from the many sessions in the hub.</b>	Talking Therapies offers brief evidence based interventions for anxiety and depression, including guided self-help, cognitive behavioural therapy, counselling, couples therapy and other brief evidence based therapies. Services are GP based (please refer to the correct borough based on GP practice).	<ul style="list-style-type: none"> <li>• Preconception advice for women with complex or severe mental health problems</li> <li>• Assessment and care for women with mental health needs during pregnancy and for 12 months after birth (many women do not need to be seen for the whole 12 months)</li> <li>• Advice on the risks and benefits of using mental health medication in pregnancy and breastfeeding.</li> <li>• Care planning for pregnant women with severe mental health problems</li> </ul>	In patient care, together with the newborn, for severe or complex mental health illnesses.

# Universal Services – Green Pathway


FAMILY HUBS – Universal support for families expecting a baby and with children up to age 19 (or 25 with SEND)		
Description	Further Details	Contact Information
Individual and group support for a wide variety of issues experienced by parents in the perinatal period.	<p>There are 3 Family Hubs in Westminster and 2 in RBKC. These include the following services:</p> <ul style="list-style-type: none"> <li>• <b>Health visiting.</b> Health Visitors assess the mental health and wellbeing of women and their families at each contact. Health visitors offer preventative health promotion, <b>targeted support</b>, evidence-based interventions and when needed timely referral to specialist mental health services.</li> <li>• <b>Support for both parents with perinatal mental health</b></li> <li>• <b>Midwifery</b></li> <li>• <b>Stay and play sessions:</b> every day.</li> <li>• <b>Outreach support</b> in the home.</li> <li>• <b>Health Promotion:</b> e.g., smoking cessation support</li> <li>• <b>Access to a range of support provided by local voluntary sector:</b> partners i.e. Home Start, Family Centres</li> <li>• <b>Parenting:</b> parenting groups / 1:1 support.</li> <li>• <b>Adult learning:</b> e.g. ESOL classes.</li> <li>• <b>Baby massage and baby zone</b></li> </ul>	<p><b>WESTMINSTER FAMILY HUBS</b></p> <p><b>Church Street Family Hub</b> Church Street Family Hub, 12-18 Salisbury Street, London, NW8 8DE <a href="mailto:office@portmancentre.co.uk">office@portmancentre.co.uk</a> • 020 3307 1940</p> <p><b>Queens Park Family Hub</b> 88 Bravington Road, London, W9 3AL <a href="mailto:queensparkfamilyhub@westminster.gov.uk">queensparkfamilyhub@westminster.gov.uk</a> • 020 7641 5838</p> <p><b>Bessborough Family Hub</b> 1 Bessborough Street, Westminster, SW1V 2JD <a href="mailto:bessboroughfamilyhub@westminster.gov.uk">bessboroughfamilyhub@westminster.gov.uk</a> • 020 7641 5923</p> <p><b>RBKC FAMILY HUBS</b></p> <p><b>NORTH OF THE BOROUGH</b></p> <p><b>Holmfield House Family Hub</b> 6-9 Golborne Road, W10 5PE • 0207 7938 8400</p> <p><b>Clare Gardens Family Hub</b> 349 Westbourne Park Road, W11 1EG • 020 7361 2725</p> <p><b>SOUTH OF THE BOROUGH</b></p> <p><b>Cheyne Family Hub</b> 10 Thorndike Place SW10 0ST • 020 7361 2202</p> <p><b>St Cuthberts &amp; St Mattias Family Hub,</b> Warwick Road, Sw5 9UE • 020 7373 8225</p>



## MIDWIFERY

Description	Further Details	Contact Information
<p><b>Providing a maternity and obstetrics service</b> that provides care for women and babies throughout pregnancy, labour and the postnatal period with lasts until about 10 days post birth, in some cases up to 28.</p>	<p>At booking, women who have a severe mental health concern would be offered an appointment with a specialist perinatal mental health midwife (See <b>RED PATHWAY</b> later in this document)</p>	<p><b>IMPERIAL COLLEGE HEALTHCARE NHS TRUST</b>  <b>St Mary's Hospital</b>                      Praed Street, W2 1NY • 020 3312 6666  <b>Queen Charlotte's &amp; Chelsea</b>                      0203 313 4240  <b>Maternity Helpline</b>                      020 3312 6135  <b>Chelsea and Westminster Hospital</b>                      369 Fulham Road, SW10 9NH • 020 3315 6000</p>

## HEALTH VISITING

Description	Further Details	Contact Information
<p>Health visiting is an integral part of family hubs and can give support to any parents with mild to moderate depression and anxiety.</p> <p>Health Visitors offer a universal service to all families. The family is usually seen at home and then in the child health clinic. The Health Visitor assesses the family's health needs identifying areas where extra support can be offered, or referrals made to other services.</p>	<p>Health Visitors assess the mental health and wellbeing of women and their families at each contact. Health visitors offer preventative health promotion, targeted support, evidence-based interventions and when needed timely referral to specialist mental health services.</p>  <p><a href="https://www.clch.nhs.uk">New baby, New feelings-- Westminster Central London Community Healthcare NHS Trust (clch.nhs.uk)</a></p> <p>Specialist perinatal mental health visitors will offer targeted support to families (see further details later in this document in the amber and red pathway)</p>	<p><b>Health Visiting Single Point of Access</b>                      clcht.childhealthinformationhubkcwf@nhs.net                      020 8200 2500 – Option 2                      9am–5pm Monday to Friday</p>

## HEALTH VISITING – INFANT FEEDING SUPPORT

Description	Further Details	Contact Information
<p>For all parents with children aged 0 to 5 who need either breastfeeding or infant feeding support.</p>	<p>Recognising the overlapping benefits of perinatal mental health and breastfeeding support, the health visitor (led by the Infant Feeding Lead) offer support at new birth visits, follow up contacts at home and in child health clinics.</p> <p>Please refer to this <a href="#">monthly timetable</a> of breastfeeding and infant feeding support groups across RBKC and Westminster to signpost families to.</p> 	<p>Health Visiting Single Point of Access:  <a href="mailto:clcht.childhealthinformationhubkcwf@nhs.net">clcht.childhealthinformationhubkcwf@nhs.net</a>                      020 8200 2500 - Option 2                      0900-1700 Monday to Friday</p>

Change4Life SERVICE		
Description	Further Details	Contact Information
Individual and group support for promoting a healthy lifestyle to support expectant parents and families with children age 0-19 (25 with SEND)	<p>The Change4Life service aims to ensure that children, young people and families across Kensington and Chelsea and Westminster are supported to be healthy and happy in the communities where they live, learn and play. The Change4Life service is here to support expectant parents, children and young people aged 0-19 (or 25yrs for young people with special educational needs or disabilities (SEND)), and their families to eat well and keep active.</p> <p>Start4Life Clubs: A programme of five weekly sessions for expectant mothers (partners are also welcome), co-facilitated with local partners across Westminster and Kensington and Chelsea. Providing expectant parents with the skills, knowledge and resources to support them in eating well, sleeping well, and keeping active and increase their emotional wellbeing. Focusing on simple, enjoyable and achievable ways to include physical activity and healthier eating into their everyday lives.</p> <p>Change4Life Mini Clubs: A programme of five weekly sessions for 0- to 4-year-olds to attend together with parents/carers, co-facilitated with local partners across Westminster and Kensington and Chelsea. Taking a whole-family approach by providing children and their parents/carers with the skills, knowledge and resources to eat well, sleep well, keep active, maintain a healthy weight and increase their emotional wellbeing. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.</p>	<p>Families and the professionals who support them can call on 020 8960 0744 or email <a href="mailto:Change4LifeClubs@family-action.org.uk">Change4LifeClubs@family-action.org.uk</a> to find out more or register for a club.</p> <p>Further information and an online club registration form can be found on our website: <a href="http://www.family-action.org.uk/change4lifeservice">www.family-action.org.uk/change4lifeservice</a></p>

CARDINAL HUME (WESTMINSTER)		
Description	Further Details	Contact Information
<b>The Cardinal Hume Centre</b> supports families and young people facing poverty and homelessness by helping them to thrive.	<p>The Centre provides:</p> <ul style="list-style-type: none"> <li>Family services including a safe space for children to learn and play.</li> <li>Specialist advice on housing, welfare benefits, immigration, and access to other services</li> <li>Support and advice to help people find work or build their skills.</li> </ul>	<p><b>Cardinal Hume Centre</b> 3-7 Arneway Street Horseferry Road, SW1P 2BG <a href="mailto:info@cardinalhumecentre.org.uk">info@cardinalhumecentre.org.uk</a> 020 7222 1602 <a href="http://www.cardinalhumecentre.org.uk/help-and-support/how-we-can-help">www.cardinalhumecentre.org.uk/help-and-support/how-we-can-help</a></p>
ST VINCENT'S FAMILY PROJECT (WESTMINSTER)		
Description	Further Details	Contact Information
<b>St Vincent's Family Project (SVFP)</b> aim to give priority to those who are most in need.	<p>SVFP offers:</p> <ul style="list-style-type: none"> <li>Family space, which is a service for young families and aims to support the whole family.</li> <li>Therapies and courses including creative art therapies, 1 to 1 support opportunities, support groups, sensory play, parenting courses and healthy living courses.</li> </ul>	<p>Methodist Central Hall, Storey's Gate, SW1H 9NH <a href="mailto:info@svfp.org.uk">info@svfp.org.uk</a> 020 7654 5353</p>
CONNECTED LIVES (WESTMINSTER)		
Description	Further Details	Contact Information
Connected Lives run a huge range of courses to help families thrive.	<p>There is a emphasis on nurturing the relationships that we have with key people in our lives. Circle of Security is a programme that is designed to give parents 'a map' for understanding and responding to their children's emotional needs.</p>	<p>255 Old Marylebone Road, NW1 5QT <a href="mailto:info@connectedlives.org.uk">info@connectedlives.org.uk</a> 0207 258 5045</p>

### CREATIVE FUTURES (WESTMINSTER)

Description	Further Details	Contact Information
Creative Futures believes that every child should have the opportunity to experience and take part in the arts from the earliest age.	Creative Futures believes that every child should have the opportunity to experience and take part in the arts from the earliest age. There is an early year's programme, which is focused on music, storytelling, movement and play for parents and their small children. Term time music drop-ins are listed on the website.	The Beethoven Centre, Third Ave, London W10 4JL <a href="mailto:hello@creativefuturesuk.com">hello@creativefuturesuk.com</a> 0208 964 2700 Please visit <a href="http://www.creativefuturesuk.com">www.creativefuturesuk.com</a> for up to date programmes.

### WESTBOURNE PARK FAMILY CENTRE (WESTMINSTER)

Description	Further Details	Contact Information
A Centre that aims to support and strengthen local families.	Stay and play sessions Parenting advice, support and groups	Westbourne Park Family Centre, Westbourne Park Baptist Church, Porchester Road, W2 5DX 0207 727 6019 <a href="mailto:suna@wpfc.uk">suna@wpfc.uk</a>

### NEWPIN FAMILY CENTRE (WESTMINSTER)

Description	Further Details	Contact Information
Support for families who need help with parenting.	Stay and play Childcare places Parenting programmes and Parent support groups	Newpin Family Support Centre, 10 Church Street, London NW8 8ED 020 7724 6765 <a href="mailto:stpaulsnewpin@yahoo.co.uk">stpaulsnewpin@yahoo.co.uk</a>

### FAMILY LIVES OUTREACH SERVICE (WESTMINSTER)

Description	Further Details	Contact Information
An outreach service to families with children aged 0 to- 5.	This team works closely with health visitors to support families who may be more isolated and in need of support to engage with services. They are based in the Family Hubs.	020 3307 1940 Please use the online referral form below: Westminster Outreach Referral Form (For families with children under 5 yrs old)



### MATERNITY CHAMPIONS (WESTMINSTER AND RBKC)

Description	Further Details	Contact Information
Maternity Champions in Westminster and Kensington and Chelsea.	A trained team of local people who volunteer to provide support for expectant and new parents through pregnancy, childbirth and the transition into parenthood.	Maternity Champions Project Manager Westminster <a href="mailto:rosana@pdt.org.uk">rosana@pdt.org.uk</a> Maternity Champions K&C - Carmella Jervier. Telephone: 07495 702738, 0208 960 3234 <a href="mailto:carmella@venturecentre.org.uk">carmella@venturecentre.org.uk</a> Please refer to this <a href="#">monthly timetable</a> of breastfeeding and infant feeding support groups across RBKC and Westminster to signpost families to.



### FAMILY FRIENDS (RBKC)

Description	Further Details	Contact Information
Family Friends is a befriending charity that provides practical and emotional support to low-income families in Central-West London.	Whether you're feeling low, vulnerable, unable to cope, confused about how to move forward or swamped by responsibilities, we can help. Our friendship is unconditional - all we ask of you is the wish to make changes for the better.	Unit 1, 10 Acklam Road, London, W10 5QZ 0204 568 8832 <a href="mailto:Info@familyfriends.uk.com">Info@familyfriends.uk.com</a>




### WEST LONDON ACTION FOR CHILDREN (RBKC)

Description	Further Details	Contact Information
West London Action for Children promotes the well-being of children, working with them, their families and carers to achieve positive change.	Free counselling and therapy for vulnerable families helping to develop confidence and coping skills.	<a href="mailto:team@wlac.org.uk">team@wlac.org.uk</a> 020 7352 1155 / 07525 781373

### TOTAL FAMILY COACHING (RBKC)

Description	Further Details	Contact Information
Provide trauma-informed holistic family support and coaching to vulnerable families and parents.	Programmes include: <ul style="list-style-type: none"> <li>Family coaching</li> <li>Evidence based parenting programmes</li> <li>Grief recovery</li> <li>The Freedom Programme</li> </ul>	Harrow Club 187 Freston Road, W10 6TH <a href="mailto:info@totalfamilycoaching.co.uk">info@totalfamilycoaching.co.uk</a> 07397 871 877

### NEIGHBOURHOOD DOULAS (RBKC)

Description	Further Details	Contact Information
Neighbourhood Doulas.	Neighbourhood Doulas offer free antenatal, labour/birth and postnatal support across Kensington & Chelsea and Westminster for those who do not have a birth partner. There is a Doula Community Hub for pregnant residents in Holmfield House Children's Centre, North Kensington that provides a safe place to connect and receive childbirth advocacy, support and guidance.	 <a href="http://www.neighbourhooddoulas.org">www.neighbourhooddoulas.org</a> 07596 919466

### DALGARNO TRUST (RBKC)

Description	Further Details	Contact Information
Dalgarno Trust is a community centre working to improve the lives of people in North Kensington. The centre offers a wide range of activities, projects and services that promote health, wellbeing and inclusion for all ages.	The programmes include: <ul style="list-style-type: none"> <li>Healthwork Enables</li> <li>Dalgarno Youth Programme</li> <li>Community Champions</li> <li>Digital Champions</li> <li>Foodbank</li> <li>Volunteering</li> </ul>	1 Webb Close, Dalgarno Way, London W10 5QB 020 8969 6300

### DAD'S HOUSE (RBKC)

Description	Further Details	Contact Information
Dad's House supports single fathers, their children and families.	Dad's House runs a range of support and activities: <ul style="list-style-type: none"> <li>Support group</li> <li>Guitar and football lessons</li> <li>Yoga</li> <li>Family Law clinic</li> <li>Foodbank</li> </ul>	22 Lillie Road, London SW6 1TS <a href="mailto:info@dadshouse.org.uk">info@dadshouse.org.uk</a> 07765 183504

### THE SPACE (RBKC AND WESTMINSTER)

Description	Further Details	Contact Information
The Space stands for Supporting People and Community Empowerment.	This provides a safe space for residents impacted by the Grenfell Tower fire. The SPACE provides clothing, shoes, and essential baby equipment to families across RBKC and Westminster (as well as other services).	214 Freston Road, W10 6TT 0800 0478 161 <a href="mailto:office@214space.org.uk">office@214space.org.uk</a>

### MIDAYE (RBKC)

Description	Further Details	Contact Information
MIDAYE Somali Development Network is a community organisation working to support local migrant communities in West London.	<p>MIDAYE provide a range of services:</p> <ul style="list-style-type: none"> <li>Physical activities (walking, swimming, football) Peer support groups</li> <li>Counselling.</li> <li>Advice and information</li> <li>Casework</li> <li>Family Support</li> <li>FGM &amp; VAWG</li> <li>Parent and Carer Champions</li> <li>Health advocacy</li> </ul>	<p>7 Thorpe Close, W10 5XL</p> <p><a href="mailto:contact@midaye.org.uk">contact@midaye.org.uk</a></p> <p><a href="http://www.midaye.org">www.midaye.org</a></p> <p>020 8969 7456</p>

### RUGBY PORTOBELLO TRUST (RBKC)

Description	Further Details	Contact Information
RPT is a children's youth and family support charity that has been supporting the local community for over 135 years	Services for families include – Stay and Plays, Magic Mums Club and baby equipment loan service.	<p>221 Walmer Rd, W11 4EY</p> <p>07816138977</p> <p><a href="mailto:Kirstin.edwards@rpt.org.uk">Kirstin.edwards@rpt.org.uk</a></p>

# Targeted Services – Amber Pathway

### SPECIALIST MIDWIVES FOR MENTAL HEALTH (CHELSEA AND WESTMINSTER NHS TRUST)

Description	Further Details	Contact Information
<p>The specialist midwives for mental health (SMMH) within Chelsea and Westminster are a team who predominately support women and birthing people with moderate to severe mental health concerns, alongside their routine antenatal midwifery appointments. The team attend pre-birth planning meetings, support with creating care plans and carry out regular teaching for staff.</p> <p>The team consists of 2 full time equivalent roles and 2 working part time in a job share.</p> <p>The team have a safeguarding and mental health support midwife who supports both specialities on the wards, implementing care plans created and attending meetings.</p> <p>There is a linked consultant obstetrician who supports in the joint clinic held for people with severe mental illness who require obstetric input. The team is also supported by a consultant midwife who has experience in perinatal mental health.</p>	<p>The team's aim is to break down any barriers that women and birthing people may face when accessing support for their mental health during the perinatal period, advocating for those who feel they don't have a voice and supporting staff to provide equal and excellent care, taking a trauma informed approach.</p>	<p><a href="mailto:chelwest.pmhmidwife.cw@nhs.net">chelwest.pmhmidwife.cw@nhs.net</a></p>


### SPECIALIST MENTAL HEALTH MIDWIFE (IMPERIAL COLLEGE NHS TRUST)

Description	Further Details	Contact Information
<p>There is a specialist mental health midwife at St Mary's and Queen Charlotte's and Chelsea and Westminster Hospital. The aim is to provide seamless care for women with additional mental health needs.</p>		<p><a href="mailto:Dionne.Levy@nhs.net">Dionne.Levy@nhs.net</a></p>


### HEALTH VISITING – SPECIALIST PERINATAL MENTAL HEALTH VISITOR

Description	Further Details	Contact Information
Perinatal and infant mental health specialist health visitors support women and their partners experiencing mental health difficulties in the perinatal period.	<p>Offer direct clinical interventions to mothers with mild to moderate postnatal depression or anxiety. Support parents' mental health and support the parent infant relationship in this specialist caseload.</p> <p>In Kensington &amp; Chelsea there is a targeted offer of a postnatal group for women with mild symptoms of postnatal depression, who have babies 4-9 months old. This is through referral from the family hubs or health visiting teams and assessment criteria need to be met.</p>	<p>Email: <a href="mailto:samantha.grey@nhs.net">samantha.grey@nhs.net</a>                      Mobile: 07557 588352                      Tuesdays – Friday                      or  <a href="mailto:clcht.childhealthinformationhubkcwf@nhs.net">clcht.childhealthinformationhubkcwf@nhs.net</a>                      020 8200 2500 - Option 2</p>

### NHS TALKING THERAPIES (formerly IAPT)

Description	Further Details	Contact Information
NHS Talking Therapies.	<p>NHS Talking Therapies, for anxiety and depression services are characterised by 3 key principles:</p> <ul style="list-style-type: none"> <li>All psychological therapies offered are evidence-based and delivered at the appropriate dose.</li> <li>All therapists are appropriately trained and supervised.</li> <li>Routine outcomes monitoring is used.</li> </ul>	<p><a href="#">CNWL NHS Talking Therapies</a></p> 


### TARGETED EARLY HELP (COUNCIL SERVICE)

Description	Further Details	Contact Information
For expectant parents and families with 0 to 19 year olds who are facing a range of challenges.	<p><b>The targeted Early Help service within the Council provides a variety of additional support to families facing challenges.</b> There are a variety of different teams who can offer support across a number of areas including parenting skills, sleep advisory support, activity-based programmes, individual advice and support and family health and wellbeing.</p> <ul style="list-style-type: none"> <li>Targeted Early Help - families are allocated a Family Practitioner who works closely with them on a regular basis</li> <li>Intensive Support Team - families are allocated an Intensive Support Family Practitioner who can work very intensively with them if there are high support needs</li> <li>School Inclusion Team - work with children who are at risk of exclusion from education</li> <li>Parenting - work with Parents who need extra support and provide courses and training on Parenting</li> <li>Youth Offending Team - work with young offenders</li> </ul>	<p>Our service is for families with children up to the age of 19 who are resident in the borough. The service can be accessed in several ways:</p> <ul style="list-style-type: none"> <li>Via the families local Family Hub - If the family feels they need some extra support or would like more information about the Early Help service they can speak to a member of the family hub team who will help work out the best service to support them.</li> </ul> <p>For Westminster residents, referrals can be made:                      By contacting the Access Team on 020 7641 4000 (9am to 5pm, Monday to Friday) or the Emergency Duty Team 020 7641 2388 (outside of these times).</p>  <p>For RBKC residents, referrals can be made:                      Completing the <a href="#">referral form</a> and either sending it via email to <a href="mailto:earlyhelp@rbkc.gov.uk">earlyhelp@rbkc.gov.uk</a>  <b>Or call us on 0207 598 4608</b></p> <p>Post to: Early Help for Families Service, 2-4 Malton Road, London W10 5UP</p>


### HOME START

Description	Further Details	Contact Information
Home Start Westminster, Kensington & Chelsea and Hammersmith and Fulham	Home-Start volunteers support families with a child under 5, or expecting a baby, living in the three boroughs.	<p>St Paul's Church centre, 3 Rossmore Road, NW1 6NJ                      0207724 1345  <a href="mailto:admin@hswestminster.co.uk">admin@hswestminster.co.uk</a></p>

### TURNING POINT (RBKC AND WESTMINSTER)

Description	Further Details	Contact Information
Turning Point is a community based substance use and wellbeing service with a person centred approach.	Turning Point is Commissioned to provide substance misuse services to local residents in the Boroughs of Kensington and Chelsea, Hammersmith & Fulham and the City of Westminster. We offer support to local residents (aged 18 and over) and people with a local connection to the 3 boroughs. Our service is for anyone who wants to make a positive change to their substance use. We provide free and confidential support with treatment based around a comprehensive needs assessment to understand individual need of our clients.	 <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>

### THE ALCOHOL SERVICE (RBKC AND WESTMINSTER)


Description	Further Details	Contact Information
CGL (Change Grow Live) The Alcohol Service.	A national health and social care charity helping with challenges of alcohol, housing, justice health and wellbeing.	 <a href="http://www.changegrowlive.org">www.changegrowlive.org</a> 66 Lupus Street, Sw1V 3EQ <a href="mailto:Thealcoholservice.info@cgl.org.uk">Thealcoholservice.info@cgl.org.uk</a> 0800 014 7440

### THE ANGELOU PARTNERSHIP


Description	Further Details	Contact Information
The Angelou Partnership supports women and girls experiencing domestic and sexual violence.	Angelou is a partnership of 10 specialist organisations that have come together to support women and girls experiencing domestic or sexual violence.	<a href="mailto:angelou@advancecharity.org.uk">angelou@advancecharity.org.uk</a> 0808 801 0660 0800 059 0108

# Specialist Services – Red Pathway

### NHS PERINATAL MENTAL HEALTH SERVICE

Description	Further Details	Contact Information
For pregnant women (and their families) and families with infants under the age of 1.	<p>The Kensington and Chelsea Perinatal Mental Health Service works in partnership with the Chelsea and Westminster Hospital NHS foundation trust, the Westminster Perinatal Mental Health Service works in partnership with St Mary's Hospital trust, primary care community services including community midwifery, health visitors and GPs, Talking Therapies, Children and Adult social care services from the Royal Borough of Kensington and Chelsea (RBKC) and Westminster City Council and voluntary organisations.</p> <p>The service offers assessment and treatment to women experiencing mental health difficulties during pregnancy and within the first year after delivery. This specialist care is delivered close to the maternity unit of your choice, your home or in community centres depending on your preference. RBKC residents are entitled to access the Kensington and Chelsea Perinatal Mental Health Service and Westminster residents are entitled to access the Westminster Perinatal Mental Health Service.</p>  <p>When making a referral please complete this form <a href="#">Perinatal mental health Referral Form.docx (live.com)</a></p>	<p><b>For RBKC residents:</b>  <a href="mailto:cnwl.ktperinatal@nhs.net">cnwl.ktperinatal@nhs.net</a>            Admin: 020 7685 6574            Duty: 07935 770 631            South Kensington and Chelsea Mental Health Centre, 1 Nightingale Place, London SW10 9NG</p> <p><b>For Westminster residents:</b>  <a href="mailto:cnwl.westperinatal@nhs.net">cnwl.westperinatal@nhs.net</a>            0203 028 7774            The Paterson Cabin 16, St Mary's Hospital South Wharf Road W2 1PE.            The Garway Medical Centre, Pickering House, Bishops Bridge road, London W2 6HF</p>

## MENTAL HEALTH CRISIS TEAM

Description	Further Details	Contact Information
Single Point of Access	 <p>Our Single Point of Access is a Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week. It is open to children and adults of all ages, to people who haven't previously used mental health services and to carers and family members who might be concerned about someone.</p>	You can reach us by phoning 0800 0234 650 (Freephone) or emailing <a href="mailto:cnw-tr.spa@nhs.net">cnw-tr.spa@nhs.net</a> we also take calls from 111.

## UNDER 5 CAMHS

Description	Further Details	Contact Information
For any parent with a child under 5 who feel they are struggling to parent their child, feel they are not enjoying parenting or struggling with their emotional wellbeing and would like additional support.	<p>The Kensington &amp; Chelsea and Westminster KCW CAMHS Under 5s Service offers specialist treatment and consultation to both parents and professionals aimed at improving the wellbeing of children under five years old.</p> <p>The team consists of therapists who usually meet with families in the K&amp;C CAMHS clinic and in Family Hubs within Kensington &amp; Chelsea and Westminster. Families have the choice of where they wish to be seen. Consultations may take place in person, or remotely via phone or video call.</p>	<p><b>For RBKC and Westminster residents:</b></p> <p>KCW CAMHS Under 5s Call 020 3317 3599 or email <a href="mailto:cnw-tr.kccamhs.cnwl@nhs.net">cnw-tr.kccamhs.cnwl@nhs.net</a></p>

# Appendix 2

## Screening for perinatal mental health problems

These screening tools should always be used alongside clinical assessment, which should inform the final decision as to which pathway should be used.

### The Whooley Questions

- During the past month, have you often been bothered by feeling down, depressed or hopeless?
- During the past month, have you often been bothered by having little interest or pleasure in doing things? This can be followed up with:
  - Is this something that you need or want help with?

### GAD-2: 2-item Generalised Anxiety Disorder scale

- Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?
- Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?



# Patient Health Questionnaire (PHQ-9)

Over the last two weeks, how often have you been bothered by any of the following problems?

## Little interest or pleasure in doing things?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Feeling tired or having little energy?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Trouble concentrating on things, such as reading the paper or watching TV?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Thoughts that you would have been better off dead, or hurting yourself in some way?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Feeling down depressed or hopeless?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Poor appetite or overeating?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Moving or speaking so slowly that other people could have noticed?

Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Trouble falling asleep or staying asleep, or sleeping too much?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Feeling bad about yourself – or that you are a failure or have let yourself or your family down?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Depression severity

**0–4** none

**5–9** minimal

**10–14** moderate

**15–19** moderately severe

**20–27** severe

# General anxiety disorder questionnaire (GAD-7)

Over the last two weeks, how often have you been bothered by any of the following problems?

## Feeling nervous, anxious or on edge?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Not being able to stop or control worrying?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Worrying too much about different things?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Trouble relaxing?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Being so restless that it is hard to sit still?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Becoming easily annoyed or irritable?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Feeling afraid as if something awful might happen?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Moving or speaking so slowly that other people could have noticed?

**Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?**

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Thoughts that you would have been better off dead, or hurting yourself in some way?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## If you checked off any problems, how difficult that these problems made it for you to work, take care of things at home or get along with other people?

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3

## Anxiety severity

**5** mild anxiety

**10** moderate anxiety

**15** severe anxiety

Further evaluation by GP/ specialist mental health service is required when the score is 10 or greater

# Edinburgh postnatal depression scale (EPDS)

Over the last one week, how have you felt?

**I have been unable to laugh and see the funny side of things.**

As much as I always could	0
Not quite so much now	1
Definitely not so much now	2
Not at all	3

**I have been anxious or worried for no good reason.**

Not, not at all	0
Hardly ever	1
Yes, sometimes	2
Yes, very often	3

**I have been so unhappy that I have had difficult sleeping.**

Yes, most of the time	0
Yes, some of the time	1
Not very often	2
No, never	3

**I have been so unhappy that I have been crying.**

Yes, most of the time	0
Yes, some of the time	1
Not very often	2
No, never	3

**I have looked forward with enjoyment to things.**

As much as I ever did	0
Rather less than I used to	1
Definitely less than I used to	2
Hardly at all	3

**I have felt scared or panicky for no very good reason.**

Yes, quite a lot	0
Yes, sometimes	1
No, not much	2
No, not at all	3

**I have felt sad or miserable.**

Yes, most of the time	0
Yes, some of the time	1
Not very often	2
No, never	3

**The thought of harming myself has occurred to me.**

Yes, quite often	0
Sometimes	1
Hardly ever	2
Never	3

**I have blamed myself unnecessarily when things went wrong.**

Yes, most of the time	0
Yes, some of the time	1
Not very often	2
No, never	3

**Things have been getting on top of me.**

Yes, most of the time I have not been able to cope at all	0
Yes, sometimes I have not been coping as well as usual	1
No, most of the time I have coped quite well	2
No, I have been coping as well as ever	3

## Scale

Scores > likely depression

# Appendix 3

## Possible useful online resources for practitioners to share with families (this list is not exhaustive).



Baby Buddy interactive pregnancy and parenting app from Best Beginning.  
[www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)



First Steps Nutrition-advice from 0-5.  
[www.firststepsnutrition.org/eating-well-in-the-first-year](http://www.firststepsnutrition.org/eating-well-in-the-first-year)



iHV Looking after your relationship as new parents.  
[ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/transition-to-parenthood-and-the-early-weeks/relationship-new-parents](http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/transition-to-parenthood-and-the-early-weeks/relationship-new-parents)



Safe Sleep advice from the Lullaby Trust.  
[www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

Basis-Baby sleep info source.  
[www.basionline.org.uk](http://www.basionline.org.uk)



Getting to know your baby videos from the Association of Infant Mental Health.  
[www.brazelton.co.uk/parents/your-babys-language](http://www.brazelton.co.uk/parents/your-babys-language)



iHV How can Dads get involved.  
[ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/fathers](http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/fathers)



Support for parents with crying babies.  
[www.cry-sis.org.uk](http://www.cry-sis.org.uk)



iHV Getting to know your baby.  
[ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/transition-to-parenthood-and-the-early-weeks/getting-to-know-your-baby](http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/transition-to-parenthood-and-the-early-weeks/getting-to-know-your-baby)



Tiny Happy People BBC.  
[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)



Dads Matter online workshops for fathers with babies under 12 weeks old.  
[dadmatters.org.uk/workshop](http://dadmatters.org.uk/workshop)



iHV Understanding mothers' mental health and emotional wellbeing following the birth of a baby.  
[ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/emotional-health-and-wellbeing-mothers](http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/emotional-health-and-wellbeing-mothers)



Infant feeding resources from UNICEF.  
[www.unicef.org/babyfriendly/support-for-parents/](http://www.unicef.org/babyfriendly/support-for-parents/)



CLCH NHS Trust Information for parents.  
[www.healthmatters.clch.nhs.uk/westminster](http://www.healthmatters.clch.nhs.uk/westminster)



DadPad is a guide developed by the NHS for new fathers.  
[thedadpad.co.uk](http://thedadpad.co.uk)



iHV Understanding father's emotional health and wellbeing following the birth of a baby.  
[ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/emotional-health-and-wellbeing-fathers](http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/emotional-health-and-wellbeing-fathers)



NSPCC Brain Building-Look Say Sing Play.  
[www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play)



i Definition used in Family Hubs and Start for Life Programme guide (August 2022) HM Government







THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



City of Westminster