

# TOP TIPS FOR HEALTH VISITORS

## 2018

### Red Flag Signs

for severe maternal illness requiring urgent senior psychiatric assessment



1. Recent significant change in mental state or emergence of new symptoms
2. New thoughts or acts of violent self-harm
3. New and persistent expressions of incompetency as a mother or estrangement from the infant

Source: Confidential Enquiry into Maternal Deaths 2009-2013

#### Brief mental health assessment

- **General mood:** use rating scale of 0 – 10 to ask how mood is on that day, at that time
- **Thoughts and perceptions:** has the woman any worrying, guilty, strange, upsetting or unusual thoughts or experiences?
- **How long has the woman felt this way?**
- **How is this affecting her? What impact is it having on her and/or her family?**
- **Is the woman avoiding doing things including going out or contacting family/friends?**
- **Is the woman able to enjoy things in her life?**
- **Consider changes in sleep pattern, appetite and general appearance**
- **For further advice** → call the **PMHS Advice Line 0141 211 6500**  
(weekdays 0930-1230 except Wed)
- **To make a referral** → **complete electronic referral form** available on our website
- **NES e-learning** [www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx](http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx)

#### Thinking about referring to the Perinatal Mental Health Service?

- Listen to what is causing the woman distress and how it is impacting on her life and her unborn infant.
- Remember that a woman is more than just a 'diagnosis'

## Perinatal Mental Health Service

Visit our website for referral guidelines, useful resources and information about perinatal mental health

[www.nhsggc.org.uk/perinatalmentalhealthservice](http://www.nhsggc.org.uk/perinatalmentalhealthservice)





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Do you know the  
**Red Flag Signs** for  
maternal mental illness?  
[Click here](#)

## Perinatal Mental Health Service

### Advice line for Professionals

Obtain clinical advice and discuss access to our service  
with an experienced clinician



Every weekday (except Wed) from 9.30am to 12.30pm

**Telephone 0141 211 6500**

### Community Perinatal Mental Health Team

Information for patients and carers



## E-Referral Form

Electronic referral form and  
referral criteria

[Click here](#)



## Virtual Tour of MBU

Our YouTube video for mothers  
considering admission

[Click here](#)

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from the Mother & Baby Unit and  
Perinatal Mental Health Service

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