Addressing Stigma in Perinatal and Infant Mental Health

Helpful Resources

April 2023

Helpful Resources to Support Services Implementing the Good Practice Guidelines

In April 2023, See Me and the Mental Health Foundation published a set of evidence-based good practice guidelines for healthcare practitioners, commissioners and providers of perinatal and infant mental health services, to help reduce stigma.

The following resources provide additional information and examples that may support your organisation to implement the good practice guidelines. They are intended to be used alongside the wider suite of resources, which include the good practice guidelines and case studies.

Guideline 1: Inclusive commissioning

- The Commissioning Perinatal Mental Health Services guide [1] by Mums and Babies in Mind shares information, tools and case studies to support commissioners to take an interdisciplinary, place-based, and lived experience-led approach to commissioning services.

- Race Equality Foundation's briefing on The Maternal Mental Health of Migrant Women [2], and Maternal Mental Health Alliance's briefing on Perinatal Mental Health and Domestic Abuse [3] provide insight into some of the intersectional barriers that should be considered when commissioning services.

Guideline 2: Leadership commitment to mental health inclusion

- The Maternal Mental Health Alliance is currently hosting the Amplifying Maternal Voices project [4] to support services to engage with lived experience in the design and development of services.

- See Me in Work [5] supports organisations to tackle mental health stigma in work and create an environment where colleagues can be open about their own mental health. The See Me in Work self-assessment tool [6] can be used by senior leaders and commissioners of perinatal and infant mental health services to assess policies and practices towards creating mentally healthy working environments, free from stigma and discrimination.

Guideline 3: Inclusive service design and provision

- Father's Network Scotland offers resources to support organisations to embed a whole family approach, including training modules on understanding paternal mental health [7] and including dads in service design [8].

- NICE have produced a guide to Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance [9] for commissioners and healthcare professionals working with women experiencing perinatal mental health problems.

Guideline 4: Supporting policy into practice

- The Perinatal and Infant Mental Health Third Sector Service Directory [10] contains details of organisations who offer perinatal and infant support in Scotland to help plan referral pathways.

- The See Me, Value Me [11] tool by See Me supports healthcare professionals to improve the process of inclusion of people with mental health problems and mental illnesses in their practice.

Guideline 5: Peer support

- The Peer Support Evaluation Toolkit [12], published by Inspiring Scotland, Evaluation Support Scotland and the Scottish Government, provides information about how to plan and evaluate peer support programmes in perinatal and infant mental health services.

- The Five Principles of Perinatal Peer Support [13] provide an overview of best practice and reflective exercises to help you plan your programme.

- Scottish Recovery Network's Let's do Peer Support Bump Birth and Beyond [14] guide provides interactive tools, case studies, and information to help plan and develop peer support.

Guideline 6: Workforce development and capacity

- Perinatal Mental Health Network Scotland's guide to Perinatal Mental Health Care Pathways [15] provides information for parents and families about the different ways to access perinatal mental health support.

- NHS Education for Scotland offers a Perinatal Mental Health Training Curriculum [16] for all NHS staff working with new and prospective parents and infants, including a dedicated module on stigma.

- Parent Infant Foundation has compiled a detailed list of Online Infant Mental Health Training Resources for Professionals [17].

Guideline 7: Addressing stigma at different levels

- See Me offers a range of resources to support people to better understand mental health stigma and discrimination and how to take action. Information about different types of stigma [18] and information about stigma and discrimination in healthcare settings [19] can be found on the See Me website. The website also offers resources to enable organisations to take action against stigma, including a Campaigns Pack [20] and a Towards Mental Health Inclusion [21] training pack for healthcare settings.

  While we hope you find these resources useful, See Me cannot take responsibility for the content of any external sites.

Resource List

[1] Commissioning Perinatal Mental Health Services; Mums and Babies in Mind. https://maternalmentalhealthalliance.org/download/mabim-masterclass-commissioning/?wpdmdl=2413

[2] The Maternal Mental Health of Migrant Women; Race Equality Foundation https://www.gmmh.nhs.uk/download.cfm?doc=docm93jijm4n895.pdf&ver=1674

[3] Perinatal Mental Health and Domestic Abuse; Maternal Mental Health Alliance. https://maternalmentalhealthalliance.org/wp-content/uploads/MMHA-BRIEFING-Perinatal-mental-health-and-domestic-abuse-Jan-23.pdf

[4] Amplifying Maternal Voices; Maternal Mental Health Alliance. https://maternalmentalhealthalliance.org/projects/amplifying-maternal-voices/

[5] See Me in Work; See Me. https://www.seemescotland.org/workplace/see-me-in-work/

[6] See Me in Work Self-Assessment Tool; See Me. https://www.seemescotland.org/media/10022/see-me-work-self-assessment-tool-landscape.pdf

[7] Understanding Paternal Mental Health; Father's Network Scotland. https://www.fathersnetwork.org.uk/understanding_paternal_mental_health

[8] Understanding Dad; Father's Network Scotland. https://www.fathersnetwork.org.uk/understanding_dad

[9] Antenatal and postnatal mental health: clinical management and service guidance; NICE. https://www.nice.org.uk/guidance/cg192/chapter/Key-priorities-for-implementation

[10] Perinatal and Infant Mental Health Third Sector Service Directory; Inspiring Scotland. http://www.inspiringscotland.org.uk/perinatal-mental-health-services/

[11] See Me, Value Me; See Me. https://www.seemescotland.org/health-social-care/information-for-people-working-in-health-and-social-care/inclusive-policies-and-practices/

Resource List (continued)

[12] Peer Support Evaluation Toolkit for Perinatal and Infant Mental Health Services; Inspiring Scotland, Evaluation Support Scotland, and the Scottish Government https://www.inspiringscotland.org.uk/wp-content/uploads/2023/03/Perinatal-Peer-Support-Toolkit-1.pdf

[13] Five Principles of Perinatal Peer Support; Mind. https://www.mind.org.uk/media-a/6333/perinatal-principles.pdf

[14] Let's do Peer Support Bump Birth and Beyond; Scottish Recovery Network. https://bit.ly/BumpBirthBeyondtoolkit

[15] Perinatal Mental Health Care Pathways; Perinatal Mental Health Network Scotland. https://www.pmhn.scot.nhs.uk/access-to-specialist-care-in-scotland/

[16] Perinatal Mental Health Training Curriculum; NHS Education for Scotland. https://learn.nes.nhs.scot/10383/perinatal-and-infant-mental-health/perinatal-mental-health-curricular-framework-a-framework-for-maternal-and-infant-mental-health

[17] Online Infant Mental Health Training Resources for Professionals; Parent Infant Foundation. https://parentinfantfoundation.org.uk/wp-content/uploads/2020/07/Online-Infant-Mental-Health-Training-Resources-for-Professionals-FINAL.pdf

[18] Understanding Mental Health Stigma and Discrimination; See Me. https://www.seemescotland.org/stigma-discrimination/understanding-mental-health-stigma-and-discrimination/

[19] Health and Social Care Video Library; See Me. https://www.seemescotland.org/health-social-care/information-for-people-working-in-health-and-social-care/health-and-social-care-video-library/

[20] Campaigns Pack; See Me. https://www.seemescotland.org/media/9693/updated-campaign-pack_nj_190220.pdf

[21] Towards Mental Health Inclusion; See Me. https://www.seemescotland.org/health-social-care/information-for-people-working-in-health-and-social-care/inclusion-tools-and-resources/

See Me
End mental health discrimination

Thank you for taking the time to read, reflect and learn about tackling mental health stigma and discrimination in perinatal and infant mental health.

Together we can create a movement to end mental health stigma and discrimination.

Contact info@seemescotland.org with any questions you may have, or to share your insights.

Additional resources and support can be found at www.seemescotland.org