

# Bucks Free Press

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## Group for mothers with mental health difficulties launched in Marlow

- Informal peer support group – initially funded by the Paradigm Foundation – now funded by Bucks Mind.
- 10 women attend – 50% with PND, 50% with other mental health problems or experiencing social isolation.
- 9 of the women bring 1 or 2 children – looked after in the crèche at the Marlow Children’s Centre
- Referrals come from the Children’s Centre, church, health visitors, social workers.
- Most women live nearby – 2 come from High Wycombe.
- Supported by a Bucks Mind wellbeing worker and a volunteer.
- Enquiries if we have a similar group in High Wycombe & Amersham.



*“At the end of the session, I felt a lot better. She told us that the group had done what it was supposed to do: give her the space to talk, be heard and feel supported.”*

## Practical implications for primary care of the NICE guideline CG192 Antenatal and postnatal mental health

This document highlights the recommendations relevant to GPs from NICE CG192 Antenatal and Postnatal Mental Health. It has been developed to raise awareness and support implementation of the NICE guideline in primary care. ***This resource is not RCGP guidance; it is an implementation tool and should be used alongside the published [NICE guidance](#).***



GPs are expected to take NICE recommendations fully into account when exercising their clinical judgement. However, in no circumstances does guidance override their responsibility to make decisions appropriate to the circumstances of each individual, in consultation with the individual and/or their guardian or carer. Clinical guidelines are based on the best available evidence and are there to help healthcare professionals in their work, but they do not replace their knowledge and skills.

### 10 questions a GP should ask themselves (and their team)

#### 1. Why is perinatal mental health important?

Perinatal mental health illness is common. Between 10% and 20% of women will develop a mental

[Link to PDF document](#)

# Discussion: What can the Health and Wellbeing Board do?

The Health and wellbeing board is uniquely positioned to take a holistic view of the needs of Mothers, children and babies and to build settings and services around them to ensure that they are able to reach their potential.

## **What can help? – the bigger picture**

- Action to tackle stigma and discrimination
- Amplifying key messages and signposting
- Access to training
- Support with housing, benefits and debt
- What can HWB members do to support self- sustaining peer support?
- Employment support for parents?
- Parks and leisure facilities ?

# A vision of a 'mentally' healthy place

Expectant parents are told about the importance of their mental health alongside healthy lifestyle advice and are given opportunities to discuss any concerns they have

New mothers and fathers are given information about their mental health and wellbeing when they are discharged from hospital, with signposting for further information

The community has accessible and local green space of a good quality where they can socialise, exercise, walk and reflect.

Mental first aid training is considered a core skill, and is offered in schools, public sector employment and private sector employment. It is a basic part of new employment training and all first aid training.

Mental wellness of pupils is a key concern for schools, further and higher education establishments, alongside academic attainment.

The community is informed and understands mental health and mental health problems. There are people in prominent public positions who have or have experienced mental health issues

Checking on the mental health and wellbeing of mothers, fathers and siblings is part of the general conversation for health visitors for 0-5s.

Children have lessons on mental wellness and resilience in the same way they have physical education lessons