

Whittington Women's Health Referral Pathways:

	Fertility/ Gynaecology	Perinatal	
	Clinical Health Psychology	Clinical Health Psychology	Psychiatry / Mental Health
Is this service for URGENT care?	NO	NO	NO (appointments offered within 28 days)
Is this service <u>only for those booked-in at Whittington Health?</u>	YES	YES	YES
Who is this service for? <u>(PLEASE CHECK ALL THE CRITERIA IS MET BEFORE REFERRING)</u>	Those under care of Whittington consultants at gynaecology department (fertility, other gynaecological issues e.g. Polycystic ovary syndrome PCOS)	PREGNANT WOMEN (Pregnancy – 3 months post birth <u>If referred before 34 weeks gestation</u>) having psychological difficulties <u>related to the pregnancy/ concerns about labour or motherhood</u> (no service for partners as yet) Those referred after 34 weeks will be seen depending on the resources but this cannot be guaranteed.	Pregnancy – 12 months post birth. Any medication concerns that cannot be dealt with by GP. Those women having a diagnosis of a severe mental health issue (SEMH) especially bipolar 1.
What does the service offer?	Talking therapies, space to explore and manage mental health to make stressful interventions/long term conditions less overwhelming	Talking therapies and learning physical strategies to manage anxiety or low mood, space to explore concerns, structured thinking around how to manage birth (vaginal or C-section) including liaison with team where appropriate/helpful. Various practical techniques to improve mood during and beyond pregnancy	Depending on needs, monitoring during pregnancy, conducting a pre-birth planning meeting at 32 weeks of pregnancy and formulating a care plan. Can also see women on the postnatal ward and continue seeing months after the birth of a baby. Close liaison with all professionals involved.
Who can refer?	Self-referral, consultants and other health care professionals	Self referral, GPs, midwives and other health care professionals	All health care professionals
Referral process	Email referral form to cim-tr.whittingtonCHP@nhs.net Referral form can be found at: http://intranet.whittingtonhealth.nhs.uk/default.asp?c=7860	Email referral form to cim-tr.whittingtonCHP@nhs.net Referral form can be found at: http://intranet.whittingtonhealth.nhs.uk/default.asp?c=7860	Contact 02075614142 / 07774629071 (Mon-Fri 9am-5pm) Email referral form to : cim-tr.perinatal@nhs.net

	Women's Health Bereavement	Emergency / Crisis support	
		Mental Health Liaison Assessment Team (ILAT)	Mental Health Local Crisis teams
Is this service for URGENT care?	NO	YES	YES
Is this service <u>only</u> for those booked-in at Whittington Health?	YES (For any woman who is using, or has used, the Whittington Health services)	YES (for those who present to the A&E department at Whittington. Also emergency psychiatric consultations at the inpatient wards at Whittington)	NO
Who is this service for? (PLEASE CHECK ALL THE CRITERIA IS MET BEFORE REFERRING)	Any woman who is using, or has used, the maternity services at Whittington Health and has lost their baby born or unborn.	Any person who <u>presents to the A&E or is admitted to the Whittington Health</u> and is in an acute mental health crisis.	Mental health crisis teams help people whose mental health might be deteriorating to the level that hospital admission is being considered. Out of hours, urgent care.
What does the service offer?	Counselling. The aim is to give time, attention and support. A counsellor will listen and help to explore feelings without judging or telling what to do. Sessions may be weekly or more spread out and usually last for 50 minutes.	A prompt assessment of any acute mental health need by a multi-disciplinary team. Dependent on the outcome of the assessment person will be directed to appropriate services.	Multi-disciplinary teams based in the community providing a safe and effective home-based assessment and treatment service as an alternative to in-patient care.
Who can refer?	Self-referral, can also be referred by bereavement midwife, Jane Laking (020 7288 5709) or other midwives.	Self-referral to A&E.	Anyone including self-referral, families, the police, GPs, the A&E department, the London Ambulance Service, Social Services, Housing association, supported housing etc.
Referral process	To speak to the women's health counsellor or to make an appointment contact Jackie Reiter on 020 7288 5222. Leave a message and she will get back to you. Or email Jackie at: jackie.reiter@whittington.nhs.uk	Urgent clinical issues should be referred via liaison on bleep 1106	Camden & Islington: 020 3317 6333 / 020 3317 6777 Barnet : 020 8702 4040 Haringey: 020 8702 6700