

PERINATAL MENTAL HEALTH GOOD PRACTICE GUIDELINES

The above guidelines which were written in 2008 are due to be updated and archived.

In the interim please follow the guidance in **Sign 127 Management of perinatal mood disorders** which can be accessed using the links below:

<http://www.sign.ac.uk/assets/sign127.pdf> Full Guideline

<http://www.sign.ac.uk/assets/qrg127.pdf> Quick Reference Guide

<http://www.sign.ac.uk/assets/pat127.pdf> Patient Leaflet

New guidance around **SSRI use during pregnancy on the new-born** is available on NHS Highland intranet.

CPD Training resources: NHS Education for Scotland has produced two e-learning modules on maternal mental health hosted on the knowledge network and can be access via the link below:

<http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx>

INFANT MENTAL HEALTH

CPD Training resources: NHS Education for Scotland has produced an interactive pdf resource which takes approximately 1-1.5 hours and aims to develop knowledge about and confidence in supporting families to promote positive infant mental health and secure early attachment relationships, available via link below

<http://www.knowledge.scot.nhs.uk/maternalhealth/learning/infant-mental-health.aspx>