

Considering perinatal mental health and parent-infant relationships in the Mental Health and Wellbeing, and the Suicide and Self-Harm Prevention Strategies

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MAE POB PLENTYNDOD WERTH BRWYDRO DROSTO
EVERY CHILDHOOD IS WORTH FIGHTING FOR

Workshop agenda

- 1** Introduction to strategies
- 2** Sharing stakeholder recommendations
- 3** PMH and PIR focus in the strategies
- 4** Strategy celebrations and concerns
- 5** Breakout room discussion
- 6** Submitting a response to the consultations

Mental Health and Wellbeing Support

- Trigger warning – discussing mental health, suicide and self harm
- CALL Mental Health Helpline: Freephone 0800 132 737 or Text 81066
- 111 Press 2: For urgent mental health support
- Canopi: Free and confidential mental health support for NHS and social care staff across Wales



**Mental Health and
Wellbeing & the
Suicide and Self-Harm
Prevention Strategies**



Context

- Welsh Government is consulting on two new strategies: the Mental Health and Wellbeing Strategy and the Suicide and Self-Harm Prevention Strategy
- These two new strategies are the successor to Together for Mental Health & Talk to Me 2
- 16 week consultation period: 20 February to **11 June 2024**
- www.gov.wales/mental-health-and-wellbeing-strategy
- <https://www.gov.wales/draft-suicide-and-self-harm-prevention-strategy>



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Welsh Government

Mental Health and Wellbeing Strategy



Overall vision



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Welsh Government

**People in Wales will
live in communities
that...**

**Promote and support
mental health and
wellbeing**

**Are free from stigma
and discrimination**

**Give them the power
to improve their
mental health and
wellbeing**

Principles of the strategy



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All age

Trauma-
informed

Person centred

Rights based

Preventative
and value
based

Equity of access,
experience and
outcomes with no
discrimination

No wrong door

Free of stigma and
shame, blame and
judgement

Evidence driven
and outcomes
focussed

Informed by wider determinants of health

Four Vision Statements



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VS 1: People have the knowledge, confidence and opportunities to protect and improve mental wellbeing

VS 2: There is cross government action to protect good mental health and wellbeing.

VS 3: There is a connected system where all people will receive the appropriate level of support wherever they reach out for help.

VS 4: There are seamless mental health pathways – person centred, needs led and guided to the right support first time without delay.



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Suicide and Self-Harm Prevention Strategy



Overall vision



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Welsh Government

People in Wales will live in communities which are free from the fear and stigma associated with suicide and self-harm and are empowered and supported to both seek and offer help when it is needed.

**Feel safe and not judged.
Get help when they need it.
Be able to help others.**

We want to stop people from ending their own lives and hurting themselves



- Leadership, ownership and accountability
- Suicide and self-harm are everybody's business
- Focus on inequalities and at risk groups
- Multi-sectoral collaboration
- Person-centred with the involvement of those with lived/living experience
- Evidenced-based and intelligence led.

Six Objectives



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Objective 1: Establish a robust evidence base for suicide and self-harm in Wales, drawing on a range of data, research and information; and develop robust infrastructure to facilitate the analysis and sharing of information to focus resources, shape policy and drive action

Objective 2: Co-ordinate cross-Government and cross-sectoral action which collectively tackles the drivers of suicide, and reduces access to means to suicide.

Objective 3: Deliver rapid and impactful prevention, intervention, and support to those groups in society who are the most vulnerable to suicide and self-harm through the settings with which they are most engaged.

Six Objectives



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Objective 4: Increase skills, awareness, knowledge and understanding of suicide and self-harm amongst the public, professionals and agencies who may come into contact with people at risk of suicide and self-harm.

Objective 5: Ensure an appropriate, compassionate and person-centred response is offered to all those who self-harm, have suicidal thoughts, or who have been affected or bereaved by suicide, promoting effective recovery and reduced stigma.

Objective 6: Responsible communication, media reporting, and social media use regarding self-harm, suicide and suicidal behaviour.

Stakeholder findings & recommendations



Stakeholder workshops

- NSPCC, MMHA & Wales PMH Implementation Network stakeholder workshops
- Identified 10 priority areas
- Developed 10 key recommendations
- Submitted influencing paper to Welsh Government in Oct 2023
- Meet with the Deputy Minister for Mental Health in Jan 2024

Influencing the next Mental Health Strategy



Photography by Tom Hull. The adult and child pictured are models.

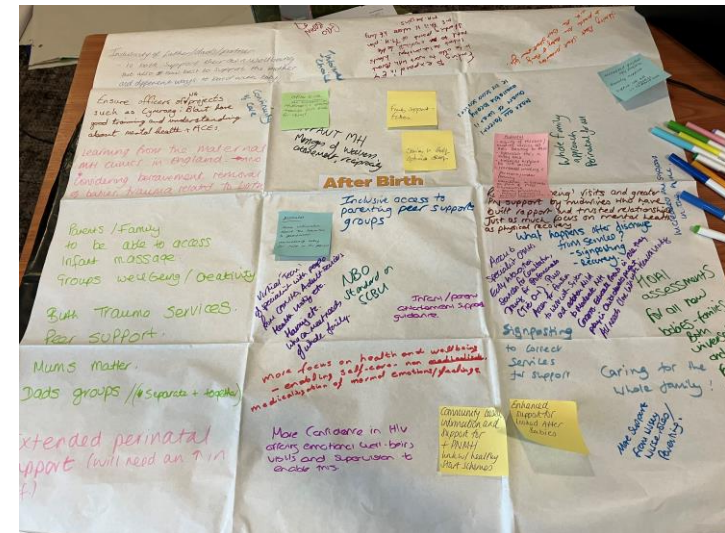
October 2023

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Sharon Fernandez
Martha Sercombe



Progress, gaps and priorities

1. Workforce
2. Funding
3. Infrastructure
4. MBU provision
5. Training
6. Leadership
7. Awareness raising
8. Partnership working
9. Trauma informed care
10. Equity of access to services



Recommendations for the next mental health strategy

- Sustainable funding for specialist PMH services
- PIR support across Wales
- MBU provision
- PMH and PIR training
- Equitable access to psychological interventions



Recommendations for the next mental health strategy

- Raising awareness of PMH and PIRs
- National trauma pathway for the perinatal period
- Investing in mild to moderate PMH support
- Good practice guidance to support equity of access to services
- Dedicated support for parents who have previously had children removed/edge of care

PMH & PIRS focus in the strategies



Perinatal mental health

- Recognition of the need for additional support during pregnancy and after having a baby
- Mild to moderate perinatal mental health and wellbeing support in universal maternity care, health visiting and the third sector
- Trauma informed practice - a thread throughout
- Access to mother and baby unit provision across Wales
- Support and action to reduce the fear and stigma for parents

Parent-infant relationship support

- Mental health services offer to include babies
- Sustainable approach and services that support the development of healthy parent infant relationships and infant mental health
- Build on the existing skill set in Health Visiting and specialist roles within health visiting teams
- Need to explore options for specialist teams
- Connections across all services, including infant and early years provisions, being key

Strategy celebrations & concerns



What should we celebrate?

- Strong recognition of the importance of parent-infant relationships
- Commits to developing support for people with mild to moderate PMH problems
- Provides access to mother and baby unit provision across Wales
- Key focus on equity of access and intersectionality
- Pregnant women and new mothers identified as an at-risk group

What do we remain concerned about?

- No high-level action for specialist perinatal mental health services
- Lack of detail about developing mother and baby unit provision across Wales.
- Doesn't recognise the role of specialist PIR services
- Fails to recognise dads/partners perinatal mental health needs or higher risk of suicide
- Doesn't identify any support for parents with babies on neonatal units



Responding to the consultations



Responding to the consultations

The simplest way to respond to the consultations is by using the response form linked on the consultation pages.

However, some find this layout to be quite restrictive. Alternatively, you can create your responses in your own format and submit to: mentalhealthandvulnerablegroups@gov.wales

If you decide to use your own format, here are some things to remember....

Responding to the consultations...

Tips for responding:

1. Make sure your points can be easily related back to the consultation questions. If not, your ideas may not be taken into account.
2. Think about how you can back up your points with qualitative and quantitative data e.g quotes from individuals with lived experience, data to support area of need...
3. Responses may be made public, therefore, setting some short background on your organisation before delving into your response may give helpful context to the reader and highlight your speciality.

Diolch

Thank You