













# Facilitators to Perinatal Mental Health Care

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[www.matrixstudy.org](http://www.matrixstudy.org)

	DECIDING TO CONSULT	HEALTH PROFESSIONAL CONTACT	ASSESSMENT	DECIDING TO DISCLOSE	REFERRAL	ACCESS TO TREATMENT	PROVISION OF OPTIMAL TREATMENT	WOMEN'S EXPERIENCE REFERRAL OF TREATMENT
INDIVIDUAL	<ul style="list-style-type: none"> <li>Recognising that something is wrong <b>HC</b></li> <li>Supportive family and friends <b>MC</b></li> <li>Previous positive experiences of mental health services <b>MC</b></li> <li>Previous mental health diagnoses/symptoms <b>VLC</b></li> </ul>		<ul style="list-style-type: none"> <li>Supportive family and friends <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Supportive family and friends <b>MC</b></li> </ul>		  		<ul style="list-style-type: none"> <li>Women's social support network <b>MC</b></li> <li>Supportive family and friends <b>MC</b></li> <li>Previous positive experiences of mental health services <b>MC</b></li> </ul>
HEALTH PROFESSIONAL	<ul style="list-style-type: none"> <li>Previous experiences with health professionals who have valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals having similar demographic characteristics to women <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals with valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals having good knowledge and understanding of perinatal mental health <b>MC</b></li> <li>Health professionals making time to address perinatal mental health <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals with valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals having a good knowledge and understanding of perinatal mental health services, referral pathways <b>HC</b>, and perinatal mental health symptoms in women <b>MC</b></li> <li>Health professionals feeling confident in carrying out assessment <b>MC</b></li> <li>Health professionals carrying out assessment in an individualised way <b>MC</b>, and making the time to carry this out <b>MC</b></li> <li>Health professionals having similar demographic characteristics to women <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals with valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals making time to address perinatal mental health <b>MC</b></li> <li>Health professionals having similar demographic characteristics to women <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals having good knowledge and understanding of perinatal mental health services and referral pathway <b>HC</b>, and perinatal mental health <b>MC</b></li> <li>Health professionals feeling confident in making a referral <b>MC</b></li> <li>Health professionals who take the time to advocate for women during referral process <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals having good knowledge and understanding of perinatal mental health services <b>HC</b></li> </ul> 	<ul style="list-style-type: none"> <li>Health professionals with valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals having good knowledge and understanding of perinatal mental health <b>MC</b></li> <li>Health professionals feeling confident in providing intervention <b>MC</b></li> <li>Health professionals making time to address perinatal mental health <b>MC</b></li> <li>Health professionals having similar demographic characteristics to women <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Health professionals with valued characteristics (trustworthy, empathetic, kind and caring, with a genuine interest in women) <b>HC</b></li> <li>Health professionals making time to address perinatal mental health <b>MC</b></li> </ul> 
INTER-PERSONAL	<ul style="list-style-type: none"> <li>Previous development of a trusting relationship and rapport between health professionals and women <b>HC</b></li> <li>Women being able to communicate openly and honestly with health professionals <b>MC</b></li> </ul>		<ul style="list-style-type: none"> <li>Development of a trusting relationship and rapport between health professionals and women <b>HC</b></li> <li>Women being able to communicate openly and honestly with health professionals <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Development of a trusting relationship and rapport between health professionals and women <b>HC</b></li> <li>Women being able to communicate openly and honestly with health professionals <b>MC</b></li> </ul>	<ul style="list-style-type: none"> <li>Shared decision making between women and health professionals <b>LC</b></li> </ul>	<ul style="list-style-type: none"> <li>Development of a trusting relationship and rapport between health professionals and women <b>HC</b></li> <li>Shared decision making between women and health professionals <b>LC</b></li> </ul>	<ul style="list-style-type: none"> <li>Development of a trusting relationship and rapport between health professionals and women <b>HC</b></li> <li>Shared decision making between women and health professionals <b>LC</b></li> </ul>	
SERVICE MANAGERS	<ul style="list-style-type: none"> <li>Continuity of carer <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> <li>Provision of logistical support <b>MC</b></li> <li>Care that is delivered at home <b>MC</b></li> <li>Sufficient information about available services provided to women <b>MC</b></li> <li>Co-location of services <b>LC</b></li> </ul> 	<ul style="list-style-type: none"> <li>Adequate workforce provision <b>HC</b></li> <li>Provision of optimal training in perinatal mental health assessment for health professionals <b>HC</b></li> <li>Technology that reminds health professionals to complete assessment <b>HC</b></li> <li>Collaboration between services <b>MC</b></li> <li>Collaboration within services <b>MC</b></li> <li>Clear assessment and referral process <b>MC</b></li> <li>Carrying out assessment in women's own home <b>MC</b></li> <li>Private setting for assessment <b>LC</b></li> <li>Care with a dedicated person or perinatal mental health champion <b>LC</b></li> <li>Clear organisational goals and guidelines <b>VLC</b></li> <li>Provision of supervision <b>VLC</b></li> </ul>	<ul style="list-style-type: none"> <li>Continuity of carer <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> </ul>	<ul style="list-style-type: none"> <li>Adequate workforce provision <b>HC</b></li> <li>Provision of optimal training for health professionals in perinatal mental health <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> <li>The use of working technology <b>HC</b></li> <li>Collaboration between services <b>MC</b></li> <li>Collaboration within services <b>MC</b></li> <li>Clear assessment and referral process <b>MC</b></li> <li>Care that has a dedicated person or perinatal mental health champion <b>LC</b></li> </ul>	<ul style="list-style-type: none"> <li>Adequate workforce provision <b>HC</b></li> <li>Provision of optimal training in perinatal mental health <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> <li>Collaboration between services <b>MC</b></li> <li>Collaboration within services <b>MC</b></li> <li>Clear assessment and referral process <b>MC</b></li> <li>Care that has a dedicated person or perinatal mental health champion <b>LC</b></li> </ul>	<ul style="list-style-type: none"> <li>Adequate workforce provision <b>HC</b></li> <li>Continuity of carer <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> <li>Collaboration between services <b>MC</b></li> <li>Collaboration within services <b>MC</b></li> <li>Care that provides information about intervention options <b>MC</b></li> <li>Individualised and person-centred care <b>MC</b></li> <li>Care that is appropriate to women's needs <b>MC</b></li> <li>Care that offers logistical support for women (e.g. childcare, travel) <b>MC</b></li> <li>Care that is delivered in women's own home <b>MC</b></li> <li>Individualised and person-centred care <b>MC</b>, that is appropriate to women's needs <b>MC</b></li> <li>Flexible care <b>MC</b></li> <li>Acceptability of group or peer support <b>MC</b></li> <li>Care that has a dedicated person or perinatal mental health champion <b>LC</b></li> <li>Co-location of services <b>LC</b></li> </ul>	<ul style="list-style-type: none"> <li>Adequate workforce provision <b>HC</b></li> <li>Continuity of carer <b>HC</b></li> <li>Provision of optimal training in perinatal mental health for health professionals <b>HC</b></li> <li>Provision of culturally sensitive care <b>HC</b></li> <li>Collaboration between services <b>MC</b></li> <li>Collaboration within services <b>MC</b></li> <li>Care that offers logistical support (e.g. childcare, travel) <b>MC</b></li> <li>Care that is delivered in women's own home <b>MC</b></li> <li>Individualised and person-centred care <b>MC</b>, that is appropriate to women's needs <b>MC</b></li> <li>Flexible care <b>MC</b></li> <li>Acceptability of group or peer support <b>MC</b></li> <li>Care that has a dedicated person or perinatal mental health champion <b>LC</b></li> <li>Co-location of services <b>LC</b></li> <li>Provision of supervision for health professionals <b>VLC</b></li> <li>Clear organisational goals and guidelines <b>VLC</b></li> </ul>	<ul style="list-style-type: none"> <li>Continuity of carer <b>HC</b></li> <li>Culturally sensitive care <b>HC</b></li> <li>Technology that is fit for purpose and enhances the provision of care <b>HC</b></li> <li>Care that is delivered in women's own home <b>MC</b></li> <li>Individualised and person-centred care <b>MC</b>, that is appropriate to women's needs <b>MC</b></li> <li>Flexible care <b>MC</b></li> <li>Acceptability of group or peer support <b>MC</b></li> <li>Care that is delivered face to face <b>LC</b></li> <li>Care that provides women with an opportunity to talk <b>LC</b></li> </ul> 
COMMISSIONERS					<ul style="list-style-type: none"> <li>Clear referral pathways <b>MC</b></li> </ul>			

**KEY**

**HC** high confidence with evidence **MC** moderate confidence with evidence **LC** low confidence with evidence **VLC** very low confidence with evidence