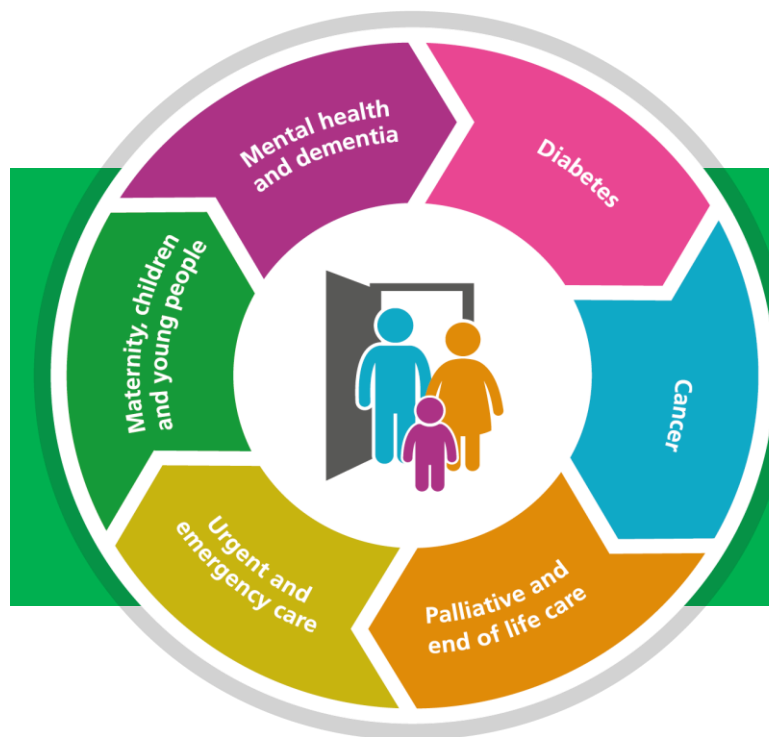


Perinatal Mental Health Awareness

A 1/2 day introductory course for IAPT & Primary Care

1/2 day events in January, February & March 2018

Venues throughout Cheshire & Merseyside



A free 1/2 day introductory event created specifically for IAPT and Primary Care staff that will introduce them to the detection, prevention and management of perinatal mental health problems that complicate pregnancy and the postpartum year.

To register for your chosen training course please visit the [Events section](#) of our website

Perinatal Mental Health Awareness Training

The North West Coast Strategic Clinical Network is pleased to be able to offer free places on six ½ day training courses that will introduce Primary Care and IAPT staff to the detection, management and impact of the mental health issues often experienced during the perinatal period. 1 in 5 women experience such issues while suicide is the leading cause of death for women during pregnancy and in the year after giving birth. The course will provide delegates with background information about perinatal mental health, recognition and management, and the impact of parental mental health on the infant and beyond as well as providing an understanding of how important attachment is in an infant's development.

Each half day is being run by the North West Coast Strategic Clinical Network in collaboration with the Cheshire & Merseyside Specialist Community Perinatal Mental Health team. Each event will also offer delegates the opportunity to hear first-hand from women with lived experience of perinatal mental health issues. Between January and April 2018, the course will be run 6 times at a variety of locations throughout Cheshire & Merseyside. Sessions will be delivered by local expert clinicians already working to support women with perinatal mental health needs.

We expect demand for places to be high and would ask that you register your attendance early to ensure that you are able to attend this free training event.

Outline Agenda			
Morning Session		Afternoon Session	
9.15 – 9.30	Registration and Coffee	12.30 – 1.30	Registration, free lunch and networking
9.30 -9.45	Welcome & Introduction to the morning	1.30 – 1.45	Welcome & Introduction to the afternoon
9.45 – 10.15	First-hand experiences of PNMH issues	1.45 – 2.15	First-hand experiences of PNMH issues
10.15 – 10.45	The Confidential Enquiry into Maternal Deaths and Red Flag Presentations	2.15 – 2.45	The Confidential Enquiry into Maternal Deaths and Red Flag Presentations
10.45 – 11.00	Break – Tea and Coffee	2.45 – 3.00	Break – Tea and Coffee
11.00 – 12.30	The Detection, Management and Impact of Mental Health Issues During the Perinatal Period	3.00 – 4.30	The Detection, Management and Impact of Mental Health Issues During the Perinatal Period
12.30 – 1.30	Free lunch and networking	4.30	Close

Booking Instructions

Date & Time	Venue
AM & PM – Mid Jan 2018 (TBC)	Crewe (venue TBC)
AM & PM – Mid Feb 2018 (TBC)	Widnes (venue TBC)
AM & PM – Mid March 2018 (TBC)	Haydock (venue TBC)

1. Choose which ½ day you would like to attend.
2. Gain your line manager's approval that you can attend.
3. Book you place using the SCN website – events.
4. If you are unable to attend please confirm this to beverly.drake1@nhs.net so that your place can be freed for another delegate to take – there are limited numbers of places available for each course.