

Maximising Digital Opportunities in Perinatal Mental Health

Parenthood is a new experience of fear and anxiety for some
– Dr Livia Martucci,
Consultant in
Perinatal Psychiatry,
SLaM

Did you know that 20% of women experience mental health problems during the perinatal period? Partners can also experience mental health problems during this time. Utilising digital solutions can support women, partners and families when experiencing perinatal mental health challenges.

The Health Innovation Network held Maximising Digital Opportunities in Perinatal Mental Health and Wellbeing webinar on Friday 14th May 2021. The webinar hosted 197 stakeholders nationally, including colleagues from mental health and acute trusts, commissioning organisations, local authority, voluntary sector and the perinatal population.

Six evidence-based digital companies, who work in the perinatal area, presented their solution; highlighting how digital can support women, partners and families during the perinatal period. Each digital company presented alongside an NHS organisation who had implemented their solution, showcasing to the audience the positive impact it has had on the service itself and service users.



Key facts

368 people registered to attend

197 attendees on the day

240 connections made between digital companies and stakeholders





"We were really pleased to have a digital service to offer women alongside postnatal physiotherapy in the acute hospital setting. Women engaged with their post-natal recovery in a way that fitted around their daily routine with a newborn. We have been so pleased with the feedback and results, seeing women restored back to full health and function." –Lead Specialist Pelvic & Maternal Physiotherapist at Norfolk & Norwich University Hospitals



Silvercloud have coverage across 81% of NHS IAPT services and been working with Berkshire Healthcare NHS Foundation Trust to develop the Perinatal Programme which includes modules such as: Finding Your Feet, Turning into Feelings, Improving Sleep, Taking Action, Dealing with Worry and Staying Well.

baby buddy

"Baby Buddy is part of our Better Start programme for our conception to 3-year-olds and Baby Buddy is a major part of the support and information we give out to our young mums. We have been promoting it through all our child centres, through all our health colleagues to all new parents". – Better Start Blackpool – Centre for Early Child Development



We are delighted to see so many new mums accessing the Mush app across Southampton and the Wessex region. Networking with other local families can empower new parents and reduce feelings of social isolation. Women report great peer support and friendships made which assists them in their journey throughout all stages of parenthood." - Lead Midwife, University Hospital Southampton



Support in the moments that matter

Peppy provides unlimited access to expert support in the moments that matter. They have worked with St Mary's Hospital Manchester and community teams to understand the local landscape and care pathways, including safeguarding and provide support to a diverse sample of women from 36 weeks gestation to 8 weeks post partum.



"Working with ieso Digital Health has not only enabled us to achieve our immediate performance outcomes by offering increased access to quality mental health treatment, but it also offers an innovative and cost-effective solution to meet our longer-term strategic goals."

"Referrals shot up this month. ieso allowed us to meet our targets for the first time in history."



Maximising Digital Opportunities in Perinatal Mental Health 2021:



Click [here](#) to access the presentation deck.

Click [here](#) to access the programme.

Click [here](#) to access the webinar recording.

Maximising Digital Opportunities in CYP Mental Health: 0-25 years 2020:



Click [here](#) to access the presentation deck.

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Maximising Digital Opportunities in Adult Mental Health 2019:



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