



# Specialist Perinatal Mental Health Service at The NMH - External Referral Guidelines

## Referral Process

- Prior to referring, please consider initiating or up titrating medication and/or referral to other primary care support services, if appropriate.
- Referrals can be emailed to [spmhs@nmh.ie](mailto:spmhs@nmh.ie)
- Referrals should be written in line with the ICGP guidance and include the following information:
  - Reason for referral (including impact on daily functioning, impact on pregnancy/postnatal period)
  - Priority- Urgent/ Routine
  - Current medication
  - Any past psychiatric history
  - Any relevant medical, social or family history
  - Any past or present risk issues
  - Any language/literacy/other barriers that we should be aware of
  - Patient consent to referral

## Prescribing Guidance

### Useful Resources for prescribing in pregnancy and breastfeeding:

- Best Use of Medicines in Pregnancy <https://www.medicinesinpregnancy.org/>
- <https://mothertobaby.org/>
- Lactmed (Drugs and Lactation Database) <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- If you have a specific query in relation to prescribing, please phone 01-01-6373128 and ask to speak to one of our prescribers.