

Perinatal Mental Health- COVID Top 20 Resources & Evidence Base

Collated March 29th 2020 by Dr Hind Khalifeh, Perinatal Psychiatrist, KCH/SLAM (hind.khalifeh@slam.nhs.uk).

Please feel free to share, but check latest web link version before sharing. With thanks to SLAM and other colleagues.

TOPIC	SOURCE	WEBLINK
FOR PATIENTS		
Government: COVID-19 information for public	Government	https://www.gov.uk/coronavirus
Government: register as clinically 'extremely vulnerable' person	Government	https://www.gov.uk/coronavirus-extremely-vulnerable
Pregnancy/breastfeeding	RCOG	https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/
MH CRISIS PLAN/HELPLINES	PHE	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#dealing-with-a-mental-health-crisis-or-emergency
Domestic Violence	Refuge Women's Aid	https://www.refuge.org.uk/covid19-survivor-tips/ (includes tips on 'silent calling' to 999: call '999' then press '55') https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/ (copy and paste into browser) (includes DV advice on safety, child contact, finances & immigration)
Wellbeing & anxiety	Mind PHE	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ (excellent resource for all, with practical tips on wellbeing, self-isolation and work/benefits) https://www.nhs.uk/oneyou/every-mind-matters/anxiety/ (includes very helpful Top 10 Tips, Quiz & Videos)
General (public) Mental Health Guidance	PHE	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing
Disorder-specific & group-specific MH resources	PHE Rethink	https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ (includes PHE-endorsed resources for CMDs, OCD, bipolar, SMI, addictions, suicidality, DV, child abuse, families/relationships, LD, eating disorders) https://www.rethink.org/advice-and-information/covid-19-support/ (SMI advice for patients & carers including MH, finance, legal, support group)
MHA	Rethink	https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/
Parenting	Family Lives (PHE-endorsed) Young Minds (PHE_endorsed) Home Start	https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/ https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/ https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19 (pregnancy, talking to young kids, family activities)

TOPIC	SOURCE	WEBLINK
FOR PROFESSIONALS		
Government: COVID-19 information	Government	https://www.england.nhs.uk/coronavirus/
Government: 'Shielding' of medically 'Extremely Vulnerable' patients	Government	https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19
Pregnancy/neonatal care	RCOG	https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/
Domestic Violence	Refuge Women's Aid Met police	https://www.refuge.org.uk/refuge-responds-to-covid-19/ https://www.womensaid.org.uk/the-impact-of-covid-19-on-women-and-children-experiencing-domestic-abuse-and-the-life-saving-services-that-support-them/ (copy and paste into browser) https://www.met.police.uk/advice/advice-and-information/daa/domestic-abuse/support-helplines/
RCPsych: general COVID guidance	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/paul-quote-about-covid-19 (guidance re psychiatric services & professional issues)
RCPsych: Psychiatric services (including perinatal)	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services-covid-19-guidance-for-clinicians (guidance re psychiatric services, with section on pregnant/perinatal women)
Emergency MH Law: MHA, MHRTs, SOADs	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/legal-covid-19-guidance-for-clinicians
Information Governance	NHSE	https://www.nhs.uk/key-information-and-tools/information-governance-guidance
Professional medical bodies & medical defense bodies	GMC BMA MDU MPS	https://www.gmc-uk.org/news/news-archive/coronavirus-information-and-advice (guidance on emergency powers, temporary registration, trainees, medical students, appraisal/revalidation) https://beta.bma.org.uk/advice-and-support/covid-19 (guidance on contract, practical issues including remote working & PPE, retired Drs, ETHICS) https://www.themdu.com/coronavirus (medico-legal issues) https://www.medicalprotection.org/coronavirus (medico-legal issues & remote consultation)
Self-care & compassion	PHP	https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing (workforce wellbeing resources & support services, videos, upcoming App)

EVIDENCE BASE: Relevant recent articles from Lancet, JAMA, BMJ & NEJM (Articles, Editorials or Comments as of 29/3/2020)

PREGNANT WOMEN

- **Management of pregnant women infected with COVID-19 (Comment, Lancet Infectious Diseases, 24/3/2020)**
[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30191-2/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30191-2/fulltext)
- Clinical features and obstetric and neonatal outcomes of **pregnant patients** with COVID-19 in Wuhan, China: a retrospective, single-centre, descriptive study (Article, Lancet Infectious Diseases)
[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30176-6/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30176-6/fulltext)

VERTICAL TRANSMISSION

- **Can SARS-CoV-2 Infection Be Acquired In Utero? More Definitive Evidence Is Needed (Editorial, JAMA, 26/3/20)**
<https://jamanetwork.com/journals/jama/fullarticle/2763851>
- Clinical characteristics and intrauterine **vertical transmission potential** of COVID-19 infection in nine pregnant women: a retrospective review of medical records (Article, Lancet)
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30360-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30360-3/fulltext)
- **Possible Vertical Transmission** of SARS-CoV-2 From an Infected Mother to Her Newborn (Article, JAMA)
<https://jamanetwork.com/journals/jama/fullarticle/2763853>
- Antibodies in **Infants** Born to Mothers With COVID-19 Pneumonia (Article, JAMA)
<https://jamanetwork.com/journals/jama/fullarticle/2763854>
- **Neonatal Early-Onset Infection** With SARS-CoV-2 in 33 Neonates Born to Mothers With COVID-19 in Wuhan, China (Article, JAMA Paediatrics)
<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2763787>

GENERAL

- **Managing mental health challenges faced by healthcare workers during covid-19 pandemic (Analysis, BMA)**
<https://www.bmj.com/content/368/bmj.m1211> (includes discussion on 'Moral Injury' - *"the psychological distress that results from actions, or the lack of them, which violate someone's moral or ethical code"*, early support and after care)
- **COVID-19: protecting health-care workers (Editorial, Lancet)**
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30644-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30644-9/fulltext)
- **Covid-19: risk factors for severe disease and death (Editorial, BMJ)**
<https://www.bmj.com/content/368/bmj.m1198>
- **COVID-19: learning from experience (Editorial, Lancet)**
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30686-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30686-3/fulltext)

INFECTED CHILDREN

- Clinical and epidemiological features of 36 **children** with coronavirus disease 2019 (COVID-19) in Zhejiang, China: an observational cohort study (Article, Lancet Infectious Diseases)
[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30198-5/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30198-5/fulltext)

MENTAL HEALTH

- **Psychological interventions** for people affected by the COVID-19 epidemic (Comment, Lancet Psychiatry)
[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30073-0/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30073-0/fulltext)
- **Mental health considerations for children** quarantined because of COVID-19 (Comment, Lancet Child & Adolescent Health)
[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30096-1/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30096-1/fulltext)