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25th European Congress of Psychiatry

Abstracts

EECP symposium: Parental mental health: best practices

EECP001

Best practices in perinatal mental health for mothers with severe mental illness

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Perinatal mental disorders are common and can have a profound impact on women and their families. This session will briefly review the epidemiology of disorders in the perinatal period and current evidence on pharmacological and non-pharmacological treatments. The role of the psychiatrist in helping women in their decision-making on treatment will be discussed.

Disclosure of interest The author has not supplied his declaration of competing interest.

EECP002

What mental health services should be available after the postnatal period?

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Introduction Mothers with severe mental illness may require mental health support through postnatal services. However, little is known about what services are actually provided to support parents after the postnatal period in Europe.

Aims To explore existing services for parents with severe mental illness after the postnatal period across Europe.

Methods Mental health specialists from major cities in nine European countries were asked to identify all health and social services available for mothers with psychosis after the postnatal period. They received two case vignettes and completed a data collection sheet for every identified service. Data analysis used semi-quantitative methods to describe the identified services.

Results A wide range of different services was identified with no systematic coverage of specific target groups or target problems. Likewise, their scope was extremely diverse, ranging from simple telephone advice to multi-professional support for multiple complex problems. Most services targeted parents or families in general but would at least in principle be available for parents with severe mental illness. A much smaller number specialized on targeted help for parents with mental illness.

Conclusions Patchy and heterogeneous service provision may make it difficult to navigate support systems for both patients and professionals. Systematic research is required, e.g. on the use, the costs, and patient experiences in different types of services, so that service provision can be based on some evidence. Given the differences in service provision across European countries, such research might use international comparisons for evaluating the benefits of different types of services for parents with severe illnesses.

Disclosure of interest The authors have not supplied their declaration of competing interest.

EECP Training workshop: classification: how many categories do we need?

EECP003

Classifications in child and adolescent psychiatry: A risky business?

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