

Reference:	FOI.21556.26
Subject:	Perinatal Mental Health (PMH) referrals
Date of Request:	9 September 2026

Requested:

1. What was the number of referrals to Perinatal Mental Health services within your Health Board in the last five years?
 - Please break down the numbers by calendar year for 2021, 2022, 2023, 2024, 2025 and so far, if the data is available, 2026.
2. How many patients, who accessed Perinatal Mental Health services within your Health Board, were referred to a Mother and Baby Unit (MBU) for treatment in the last five years?
 - Please break down the number by calendar year for 2021, 2022, 2023, 2024, 2025 and so far, if the data is available, 2026.
 - Please also specify the location of the Mother and Baby Unit to which each of the patients were sent.
3. What provision is there for patients who need access to Perinatal Mental Health services within your Health Board?

Response:

1. Hywel Dda University Health Board (UHB) provides within the table below, the number of referrals to PMH services, during the 2021 to 2025 calendar years and the period 1 January to 31 August 2026.

Calendar year	Number
2021	612
2022	672
2023	708
2024	603
2025	645
1 January to 31 August 2026	419

2. The UHB is unable to provide you with the number of PMH patients referred to a mother and baby unit for treatment, broken down by calendar year as requested, due to the low number of cases (5 or less), as there is a potential risk of identifying individuals if this was disclosed. Therefore, the UHB is withholding these details under Section 40(2) of the Freedom of Information Act 2000 (FoIA).

This information is protected by the Data Protection Act 2018 (DPA)/UK General Data Protection Regulations (UK GDPR), as its disclosure would constitute unfair and unlawful processing and would be contrary to the principles and articles of the UK GDPR. This exemption is absolute and therefore, there is no requirement to apply the public interest test.

In reaching this decision, the DPA and UK GDPR define personal data as data that relates to a living individual who can be identified solely from that data or from that data and other information, which is in the possession of the data controller.

However, the UHB can confirm that a total of nineteen (19) PMH patients were referred to a mother and baby unit for treatment, during the 2021 to 2025 calendar years and the period 1 January to 31 August 2026. All referrals were to Uned Gobaith, a specialist Perinatal Inpatient Mental Health Unit situated within Tonna Hospital, Neath.

3. The UHB's PMH Service provides specialist assessment, care, and treatment for women and birthing people from the pre-conception period, throughout pregnancy, and up to twelve (12) months following birth who are experiencing, or are at risk of developing, moderate to severe Mental Health (MH) difficulties.

The PMH Service offers:

- Pre-conception assessments within twenty-eight (28) days, for women and birthing people with complex MH histories and/or those prescribed specialist MH medications who are planning a pregnancy.
- Comprehensive initial assessments within twenty-eight (28) days of referral, enabling the development of an individualised care and treatment plan tailored to the needs of the parent, baby and wider family.
- Allocation of a named practitioner to coordinate and deliver agreed interventions and support.
- Access to a range of evidence-based treatments, including psychological therapies, medication management, psychoeducation, and specialist PMH interventions.
- Close partnership working with Uned Gobaith Mother and Baby Unit to support women and birthing people requiring inpatient specialist perinatal care.
- Collaborative working with Community Mental Health Teams (CMHTs) and Crisis Resolution and Home Treatment Teams (CRHTs) to provide intensive support for individuals experiencing severe mental illness or MH crisis.
- Professional consultation and advice for practitioners seeking guidance regarding women and birthing people with perinatal MH concerns.

Treatment recommendations are determined by the individual's clinical presentation, needs, and the severity of their illness. Support may include psychological therapies, medication management or a combination of both approaches.

In addition, fathers and non-birthing partners, including same-sex partners, may access support from the service when their partner is receiving care from the PMH Service, via the same referral pathway. This innovative family-inclusive approach is unique within NHS Wales.

For individuals experiencing mild to moderate MH difficulties whose needs may be more appropriately met elsewhere, the service provides tailored information, advice, and signposting to relevant services and interventions.