

Reference:	FOI.21212.26
Subject:	Perinatal Mental Health provision
Date of Request:	3 August 2026

Requested:

I am submitting a Freedom of Information request regarding Perinatal Mental Health provision within your Health Board. I would be grateful if you could provide the following information:

1. Perinatal Mental Health Team Criteria
 - a. Please provide your current eligibility criteria for access to the Perinatal Mental Health Team.
 - b. If criteria differ for antenatal, postnatal, or pre-conception support, please outline these separately.
 - c. Please include any thresholds relating to diagnosis, severity, risk, or previous mental health history.
2. Support for Mothers Affected by Baby loss
 - a. Does your Perinatal Mental Health Team provide support to mothers who have experienced baby loss, including:
 - Late miscarriage (after 14 weeks)
 - Stillbirth
 - Neonatal death
 - b. If support is provided, please outline what this includes (e.g., assessment, therapy, follow-up, referral pathways, specialist bereavement input).
 - c. If support is not provided, please detail which service(s) bereaved mothers are referred to instead.
3. Pathways and Policies
 - a. Please provide any written policies, pathways, or guidance documents relating to perinatal mental health support for bereaved parents.
 - b. If no formal documents exist, please confirm this.

Response:

- 1a. Hywel Dda University Health Board (UHB) provides copies of the All Wales Perinatal Mental Health Screening Process, Ask, Assess and Act and the Perinatal Mental Health Referral Consultant Connect Criteria, at Attachments 1 and 2.
- 1b. Not applicable, as the referral criteria provided in response to question 1a, is the same for antenatal, postnatal or pre-conception support within the UHB's Perinatal Mental Health Service (PMHS).
- 1c. Please see response to question 1a.
- 2a. The UHB's PMHS does not provide specific support to mothers who have experienced baby loss, and support would be provided by bereavement midwives within the Midwifery Service.
- 2b. Not applicable.

2c. As the PMHS does not offer baby loss support, each case is assessed on an individual needs basis, with care offered via the appropriate care route for them.

If a birthing person has been referred to the PMHS and sadly suffers a miscarriage or experiences a still birth prior to the assessment, the assessment is still offered. However, it is the individual's choice whether they wish to proceed with the appointment.

If the assessment has taken place and the individual is under the PMHS, they will be reviewed, their support options discussed and a referral made to the most appropriate service for their care needs.

3a. The UHB does not hold the requested information, as it does not have a specific policy relating to perinatal mental health support for bereaved parents.

3b. However, the UHB adheres to the NHS Wales Performance and Improvement, All Wales Perinatal Mental Health Programme and Pathways. A link to the webpage is provided below:

[PNMH Programme and Pathways - NHS Wales Performance and Improvement](#)