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| Reference: | FOI.16646.25 |
| Subject: | Psychological support for bereaved parents |
| Date of Request: | 19 February 2025 |

Your request and our response

Hywel Dda University Health Board (UHB) provides the information requested below.

1. Do you offer talking therapies for people following pregnancy/birth with staff trained in bereavement and grief counselling (please delete as appropriate)

| For both parents | For the mother or birthing person only | For the father or partner only |
|-------------------------|---|---------------------------------------|
| No | No | No |

2. Are people who have had the following experiences able to access these services? (Please delete as appropriate)

| Experience | Both parents | Mother or birthing person only | Father or partner only |
|---|--|---------------------------------------|-------------------------------|
| Miscarriage, ectopic pregnancy and molar pregnancy | Yes – both parents can refer to Ty Cymorth Bereavement Service | | |
| Termination of Pregnancy for Fetal Anomaly (ToPFA) | N/A | N/A | N/A |
| Stillbirth | N/A | N/A | N/A |
| Neonatal Death | N/A | N/A | N/A |
| Sudden Unexpected Death in Infancy (SUDI) | N/A | N/A | N/A |

3. Do you offer a specialist clinical psychological support pathway through the NHS for people who have had the following experiences, with moderate to severe mental health illness? (Please delete as appropriate)

| Experience | Both parents | Mother or birthing person only | Father or partner only |
|---|---------------------|---------------------------------------|-------------------------------|
| Miscarriage, ectopic pregnancy and molar pregnancy | No | No | No |
| Termination of Pregnancy for Fetal Anomaly (ToPFA) | N/A | N/A | N/A |
| Stillbirth | N/A | N/A | N/A |
| Neonatal Death | N/A | N/A | N/A |

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|--|-----|-----|-----|
| Sudden Unexpected Death in Infancy (SUDI) | N/A | N/A | N/A |
|--|-----|-----|-----|

4. If yes, what service do you commission?

Not applicable.

5. If you do commission a specialist therapy service, how long after the experience of pregnancy and baby loss are bereaved parents able to access the service?

- Up to one Year
- Up to two Years
- Indefinitely – parents can refer themselves at any time
- Other (please state)

Not applicable.

6. If you do commission a specialist therapy service, what was the average length of time bereaved parents waited to be seen by the service, following referral, in 2024 for:

- a. Assessment
- b. Therapy

Not applicable.

7. If you do commission a specialist therapy service, how long are parents able to access therapies from the maternal mental health service?

- Up to 6 weeks
- Between 6 and 12 weeks
- Between 12 and 24 weeks
- Indefinitely – for as long as therapy is needed
- Other (please state)

Not applicable.

8. Do you hold any more information on psychological support for parents who have experienced pregnancy or baby loss that maybe useful in helping us to understand the services they can access in your area?

The UHB confirms that in Pembrokeshire, it has a pregnancy loss specialist nurse who provides support to families that have suffered a miscarriage. Unfortunately, this service is not Health Board wide.