



GIG
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NHS
WALES

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Addysgu Powys
Powys Teaching
Health Board

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Our ref: IG/FOI/FOI.317.26

25 August 2026

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information which was received on 03 August 2026, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) does hold the information that you require. For ease of reference your request is set out below and the Health Board's response follows each question individually.

Your Freedom of Information (FOI) Request and Powys Response (Bold):

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:

Q1. Perinatal Mental Health Team Criteria

a. Please provide your current eligibility criteria for access to the Perinatal Mental Health Team. - **Eligibility is determined by following a Single Point of Access (SPOA) pathway, our Specialist Community Perinatal Mental Health Procedure as well as the All-Wales Pathways for Perinatal Mental Health from NHS Performance and Improvement.**

b. If criteria differ for antenatal, postnatal, or pre-conception support, please outline these separately.

All referrals are triaged using the Colgate Model in SPOA, the triage information is formulated to decide on a category and which service to refer to, this may not be Specialist Community Perinatal Mental Health. Specific issues which may be identified may include:

- **Depression.**
- **Anxiety disorders.**
- **Obsessive Compulsive Disorder (OCD).**
- **Post-Traumatic Stress Disorder (PTSD), relating to birth experiences.**
- **Tokophobia (severe fear of childbirth).**
- **Bipolar disorder.**
- **Postpartum psychosis.**

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Ffôn: 01874 711661

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- **No connection or disconnection in the relationship with the unborn in pregnancy or issues relating to attachment and bonding because of impairment of deficits in mental health.**
- **Previous mental health history and if relevant family mental health history.**

c. Please include any thresholds relating to diagnosis, severity, risk, or previous mental health history.

Diagnosis would be the responsibility of a psychiatrist or psychologist. Where SPOA triage of the Colgate Model indicates beyond Category E or is a Category D or C, Community Mental Health Teams (CMHT) would be involved. For Category B, the Crisis Resolution Home Treatment Team (CRHTT) would be involved.

Specialist Community Perinatal Mental Health does not care co-ordinate but works in partnership with the CMHT and CRHTT. A safety plan and a Wales Applied Risk Research Network (WARRN) would be created in partnership with the service user and family if severity and risk were identified.

Q2. Support for Mothers Affected by Babyloss

a. Does your Perinatal Mental Health Team provide support to mothers who have experienced babyloss, including:

- Late miscarriage (after 14 weeks)
- Stillbirth
- Neonatal death

This is not currently part of the criteria for Perinatal Mental Health Team service involvement.

b. If support is provided, please outline what this includes (e.g., assessment, therapy, follow-up, referral pathways, specialist bereavement input). - **Not applicable.**

c. If support is *not* provided, please detail which service(s) bereaved mothers are referred to instead. - **For mental health support, access to other mental health services is available through access from the GP or contacting 111#2. Women would also be supported by bereavement specialists in neighbouring District General Hospitals in which they birthed.**

Q3. Pathways and Policies

Please provide any written policies, pathways, or guidance documents relating to perinatal mental health support for bereaved parents. If no formal documents exist, please confirm this. - **No formal documents exist.**

If you are dissatisfied with the handling or response to your request, you have the right to ask for an internal review. Should you wish an internal review, please quote the reference number and send your correspondence to the above address.

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at:

Address: Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH.

Telephone: 0330 414 6421

Complaints Portal: www.ico.org.uk/foicomplaints

Web site: <https://ico.org.uk/>

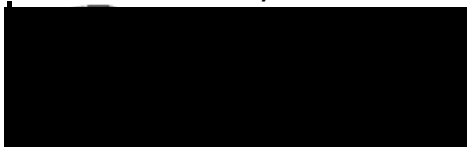
Re-use of Public Sector Information

All information supplied by the Health Board in answering a request for information (RFI) under the Freedom of Information Act 2000 will be subject to the terms of the Re-use of Public Sector Information Regulations 2015.

Under the terms of the Regulations, the Health Board will licence the re-use of any or all information supplied if being used in a form and for the purpose other than which it was originally supplied. This license for re-use will be in line with the requirements of the Regulations and the licensing terms and fees as laid down by the Office of Public Sector Information (OPSI). Most licenses will be free; however, the Health Board reserves the right, in certain circumstances to charge a fee for the re-use of some information which it deems to be of commercial value.

Further information including a sample license terms and fees can be found at Open Government Licence.

Yours sincerely



Elaine Lorton

Executive Director of Primary Community Care and Mental Health

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay.