

Freedom of Information Request	FOI 21-009	2 nd February 2021
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How many referrals have there been to perinatal mental health services? Please break this information down by calendar year from the start of 2017 up to- and including 2020. The following table represents the number of referrals to perinatal mental health services from 1st April 2017 to 31st December 2020:

Speciality	Year				
Perinatal Mental Health Service	Year				
	Apr17– Dec 17	Jan18– Dec18	Jan19– Dec19	Jan20 – Dec20	TOTAL
Total number of referrals	426	709	871	804	2810

What provision is there for patients who need access to perinatal mental health services?

A woman can be referred to the Perinatal Mental Health Team in pregnancy once she has had her 12 week dating scan and the pregnancy is viable. The service also accept postnatal referrals up until the infant is 6 months old. Once the service is working with a family it can stay involved until the infant is 1 year old.

The service works with women with a history of moderate to severe mental illness/ complex mental health difficulties with significant risks to self or others.

The service includes a number of roles who as a team offer the following functions:

- A Specialist Perinatal Consultant Psychiatrist who offers Preconception advice, Psychiatric Birth Planning, Antenatal and Postnatal Medical Reviews and Treatment Plans.
- Access to a Specialist Mother and Baby Unit.
- Facilitating admission to an acute adult mental health ward and intensive crisis home treatment team interventions.
- Specialist perinatal community mental health nurses who offer assessment, treatment planning, emotional support, mental health monitoring, and signposting to other agencies/services. Whilst liaising with health visitor and midwifery services and safeguarding teams.
- Specialist Perinatal Clinical Psychologist who offers a variety of Psychological therapies including ACT, DBT, CBT, VIG, EMDR and Mindfulness.
- A Psychology Assistant who delivers a Virtual DBT Skills Group, an ACT Pod, CBT 1:1 Therapy, Individual DBT, Mindfulness, CBT for OCD (anything classed as talking therapies).

- A Specialist Occupational Therapist who provides Occupational Focused Interventions for Mums and Mums to be who are experiencing functional difficulties.
- A Nursery Nurse who supports families with routine, bonding and attachments, play. The Nursery Nurse also facilitates a Virtual Mother and Baby Group for families.
- A specialist midwife who supports more complex ladies and can help with Tocophobia and Birth Trauma. This post holder also works alongside the Gwent Specialist Substance Misuse Service.
- The service also has two part time Peer Mentors who support individuals in a practical and emotional way.
- Administrative staff who are often the first point of contact.

The service is based at the Park Road Wellbeing Centre, Pontypool NP4 6NZ and is operational Monday to Friday 9am-5pm. Please also find attached copies of leaflets relevant to the service.