

Name: Gloucestershire Health and Care Foundation Trust

Questions

1. Does your ICB commission a maternal mental health service?
Yes
2. If yes to Question 1, does this service include access to specialist psychological support (1:1 therapies), for people with the following experiences:

Experience	Both parents	Mother/ birthing person only
Miscarriage, ectopic pregnancy and molar pregnancy	No	Yes
Termination of Pregnancy for Fetal Anomaly (ToPFA)	No	Yes
Stillbirth	No	Yes
Neonatal Death	No	Yes
Sudden Unexpected Death in Infancy (SUDI)	No	Yes

3. If yes to Question 1, what is the current composition of the clinical team:

Role	NHS Agenda for Change Banding	WTE
Consultant Clinical Psychologist 8c		0
Clinical/ counselling psychologist 8b		The MMHS does not have a separate 8b, but support is provided by the Perinatal Mental Health Service as the MMHS is part of the PMHS
Project manager		0
Clinical/ counselling psychologist		0
Art therapist		0
Psychological Therapist	7	1 – dedicated to MMHS

Specialist Mental Health practitioner	6	The PMHS provides 0.4 WTE. This is not funded by the MMHS budget.
Mental Health Nurse		0
Specialist Midwife	7	1 - Dedicated to MMHS
Peer Support Worker	3	0.8 – working closely with the PMHS peer support team
Assistant Psychologist		0
Project Officer		0
Administrator	3	0.5 WTE – Dedicated to MMHS

4. If yes to Question 1, 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)

The service accepts referrals up to 1 year post birth and considers referrals on a case-by-case basis, up until 2 years postnatally.

However, outside of this time frame if a loss is significantly impacting upon a woman's mental health and she is planning/would like to plan another pregnancy a one-off preconception appointment can be offered to consider what mental health support or treatment may be needed.

5. If yes to Question 1, what was the average length of time bereaved parents waited to be seen by the service, following referral, in 2024 for:?
- Assessment
 - Therapy

The referral reason is recorded as Trauma/Loss and does not differentiate between birth anxiety, trauma or loss.

The service is expected to see all women referred, for assessment, within 6 weeks and is consistently meeting this target. If indicated, therapy will start within 28 days of assessment and there is not a waiting list for therapy. However, interventions are limited to CBT and EMDR due to small workforce. Some women may not be taken on for treatment with the service if these treatment options are not suitable.

6. If yes to Question 1, 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)
7. Do you commission any other specialist psychological therapy service, separately from Maternal Mental Health Services, for bereaved parents who have had the following experiences?

The Trust does not hold the information requested, please contact Integrated Care Board.

Experience	Both parents	Mother only	Father or partner only
Miscarriage, ectopic pregnancy and molar pregnancy	Yes/No/Unsure	Yes/No/Unsure	Yes/No/Unsure
Termination of Pregnancy for Fetal Anomaly (ToPFA)	Yes/No/Unsure	Yes/No/Unsure	Yes/No/Unsure
Stillbirth	Yes/No/Unsure	Yes/No/Unsure	Yes/No/Unsure
Neonatal Death	Yes/No/Unsure	Yes/No/Unsure	Yes/No/Unsure
Sudden Unexpected Death in Infancy (SUDI)	Yes/No/Unsure	Yes/No/Unsure	Yes/No/Unsure

8. If yes, what service do you commission?

The main Specialist Perinatal Mental Health Service works with bereaved parents, experiencing moderate to severe mental illness when they are pregnant or are still within the perinatal period and have a baby. However, this service is not specifically for bereaved parents and those who have experienced loss would only be able to access the PMHS if they were pregnant again.

Previously women would have been referred to Footsteps, but they are no longer commissioned locally.

9. 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? (Free text)

MMHS is commissioned to offer psychological therapy for mental illness, not support, so the service signpost to:

- SANDS
- Tommy's
- Petal's
- Saying Goodbye
- The Miscarriage Association
- Antenatal Results and Choices
- The Ectopic Pregnancy Trust
- Teddy's Wish
- 4Louis
- Aching Arms
- Forget-me-not Bereavement Support Group – Local
- Holding Hearts – Local
- Miscarriage Mumma – Local
- The Worst Girl Gang Ever
- Heart in their Hand
- Willow's Rainbow boxes
- Ellie's Gift



Since the loss of Footsteps, there is not anything locally for specific baby loss and fertility counselling. Gloucestershire counselling, The Listening Post, and Cotswold Counselling offer 'general' counselling rather than baby loss specific counselling.

The information provided in this response is accurate as of 3rd April 2025.