

**FOI 0534/2025 Response**

**Name: NHS Birmingham and Solihull ICB**

**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	1	0.8
Clinical/ counselling psychologist 8b	1	0.7
Project manager	0	
Clinical/ counselling psychologist	1	0.9
Art therapist	0	
Specialist Mental Health practitioner	1	0.6
Mental Health Nurse	0	(please note the MHP above is a Mental Health Nurse)
Specialist Midwife	1	1

Peer Support Worker	2	0.6
Assistant Psychologist	0	
Project Officer	0	
Administrator	1	0.6

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)
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: 6 weeks
  - Therapy : 6/8 weeks
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?

Experience	Both parents	Mother only	Father or partner only
Miscarriage, ectopic pregnancy and molar pregnancy	No	No	No
Termination of Pregnancy for Fetal Anomaly (ToPFA)	No	No	No
Stillbirth	No	No	No

Neonatal Death	No	No	No
Sudden Unexpected Death in Infancy (SUDI)	No	No	No

8. If yes, what service do you commission?

N/A

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)

We have website with additional resources – <https://www.bsmhft.nhs.uk/our-services/specialist-services/the-maternal-mental-health-service/>

We also give out a pack which includes third sector and charity information.