

FOI 2956

14th March 2025

FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST

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

Response: Listening support is offered and signposting to GP or charities.

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	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

Response: Miscarriage less than 12 weeks are not referred to bereavement services for listening support.

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)

Response:

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

4. If yes, what service do you offer?

Response: N/A

5. If you do offer a specialist 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)

Response: N/A

6. If you do offer a specialist 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

Response: N/A

7. If you do offer a specialist service, how long are parents able to access therapies from the 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)**

Response: N/A

- 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?**

Response: The Southern Trust do not offer formal psychological support. However, service users are sign posted to peer support for charitable organisations and we can offer signposting to counselling services available through local charities.

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