

## Feedback regarding Peri Mental Health Services (July 2025)

The ICB approached the LMNS Service User Lead and asked for feedback regarding mental health and community health services.

The following information was received in July 2025.

### **Bedford:**

Yes I had some feedback about this today actually. The SU I spoke with told me that her experience of the 'baby blues' (her words) lasted nearly a month, compared to the usual expected 2-3 days, which she wasn't really prepared for. She felt well supported in the end by her health visitor but felt that if the midwives at her postnatal check appointments had used the same questions as are used in antenatal appointments she might have got help sooner – I think she meant the Whooley questions or similar.

Other feedback from our survey responses:

- Difficulty accessing mental health services after giving birth across borders (eg giving birth in Hertfordshire and living in Bedfordshire)
- One service user reported being threatened with a referral to mental health if they didn't agree to an induction
- Otherwise the general feeling that emerges from our feedback is that mental health is not a priority, and the care/treatment received has led to poor mental health in some instances.
- One service user specified that they were offered mental health support.

### **Milton Keynes**

- Services users feel they are asked regularly during antenatal period about their mental health
- Postnatally whilst on the ward difficult to get specific mental health support – it doesn't feel to be a priority and not consistent offer
- Postnatal community follow up visits are asked about mental health from midwife and health visitor
- Difficulty accessing services for mental health support – wait times for talking therapies
- MTLC service and Perinatal Mental health service has a lot of positive feedback. Service users have felt really supported,

- Signposting and information for mental health support is not discussed much in antenatal education – “mentioned baby blues, but that was it”
- The sleep packs were brilliant and made such a difference (this was an initiative by the MH midwife and funded by the hospital charity as a pilot)

Hope this is of help