

Carol Shillabeer
Chief Executive
Powys Teaching Health Board

24 July 2017

Dear Chief Executive

Inquiry into Perinatal Mental Health

As you will be aware the Children, Young People and Education Committee is conducting an [inquiry into perinatal mental health](#).

As part of the inquiry the Committee has been taking evidence on access to – and waiting times for - psychological therapies. The Committee is keen to understand what provision is available in each Health Board. To inform the Committee's conclusions and recommendations, it would be useful if you could provide the following information:

- the process for a woman who needs psychological therapy support to access it;
- waiting times for access to psychological therapy services;
- the number of individual and group perinatal clinical psychological sessions provided by your Health Board weekly;
- a breakdown of the proportion of time spent by each of your psychologists on providing:
 - (a) 1-to-1, and
 - (b) group,psychological therapy sessions for women requiring perinatal support [please provide disaggregated data for (a) and (b)].

The Committee would very much welcome this information by 24 August 2017.

Yours sincerely,



Lynne Neagle AC / AM
Cadeirydd / Chair

