

**Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#)
ar [anghydraddoldebau iechyd meddwl](#)**

**This response was submitted to the [Health and Social Care](#)
[Committee](#) consultation on [mental health inequalities](#)**

MHI 04

Ymateb gan: | Response from: Unigolyn | An individual

Good Afternoon,

I have just received an email to say that the petition with regards to the Mother and Baby Unit in Wales and the mental health service is now at consultation stage.

I am writing in support of mother who may experience poor mental health after giving birth.

As a woman who was admitted to a Mother and Baby Unit in the UK in 2019 I fully support this petition.

Without the access to the Mother and Baby Unit, my children would be without a mother and their father without a partner.

I had to make the gruelling 300 miles + to get a place at a Mother and Baby Unit. That shouldn't be the case. No woman should be away from their family at a time in need. Women need their support with them, along their journey.

Women in Wales don't even get the luxury of having access to a Mother and Baby Unit. That is heartbreaking!

Mother and Baby Units save lives. I am living proof of that.

Following discharge from a Mother and Baby Unit, women should then be supported by their local mental health team, as I was.

Without the support of a Mother and Baby Unit and a good mental health service in the months after discharge is paramount in a womens survival to see light at the end of the tunnel and to become themselves again.

Kind regards