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23 April 2025

Deputy Donna McGettigan,
Dàil Éireann,
Leinster House,
Kildare Street,
Dublin 2

PQ 17663/25

Dear Deputy McGettigan,

I refer to your correspondence dated 4th April 2025.

The Specialist Perinatal Mental Health Team in University Maternity Hospital Limerick provides specialised mental health services for women in the Mid West region.

The service helps women with a variety of presentations during pregnancy and in the postpartum period (up to 1 year). Patients have access to a multidisciplinary team of health care professionals including psychiatrists, a clinical psychologist, mental health nurses, mental health midwives, an occupational therapist, a social worker and creative art therapists.

Patients can also attend group sessions organised by the perinatal mental health team including anxiety management, baby massage, walking groups, return to work and postnatal pilates.

In addition, virtual appointments are organised for patients who are unable to travel and home visits are facilitated for patients who require additional care in collaboration with community mental health teams.

Patients can also be referred to community services available in Co Clare including Clare Care, a voluntary service, with some services funded by TUSLA. There are also mother and baby groups available for women living in Ennis and the surrounding areas (Baby and Me Group) - these groups are organised and facilitated by Primary Care physiotherapists. Similar mother and baby groups also take place in Kilrush facilitated by the HSE Health and Wellbeing team.

We will welcome and support any future developments by the HSE aimed at enhancing services for women experiencing postnatal depression.



I trust this clarifies the position. Please contact me if you have any further queries.

Kind Regards,

IAN CARTER
CEO Mid West Acute and Older People Services
HSE Mid West