

Date 20/08/2026
Our Ref 11601

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Dear

FREEDOM OF INFORMATION – MATERNITY SERVICES

I write in response to your request for information in relation to maternity services.

Question:

For each financial year from 2020/21 to the most recent year available:

1. Please state whether the Board operates any of the following services:
 - a. Birth trauma service
 - b. Birth reflections service
 - c. Birth afterthoughts service
 - d. Specialist maternity psychology service
 - e. Postnatal PTSD service

Answer:

NHS Lothian operates a birth trauma service, a birth reflections service, a specialist maternity psychology service, and a postnatal PTSD service.

Question:

2. For each service identified above, please provide:
 - a. Annual referral numbers
 - b. Average waiting times
 - c. Number of staff assigned to the service (whole-time equivalent, where available)

Answer:

Over 700 people are referred to these services annually. The average waiting times for each service are as follows:

Postnatal PTSD service – 50 to 55 weeks

Birth reflections clinic – less than 18 weeks

Maternity and Neonatal Psychological Interventions team – some postnatal cases over 52 weeks

The Maternity and Neonatal Psychological Interventions team 3.7 WTE staff, which includes 3.4 WTE clinical staff.

Question:

3. If the Board does not operate any of the above services, please confirm what support is available to women experiencing birth trauma or PTSD following childbirth.

Answer:

These services are provided in NHS Lothian.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive