



**East London**

**NHS Foundation Trust  
Information Governance**

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5<sup>th</sup> May 2026

**Our reference: FOI DA6502**

We are responding to your request for information received 25<sup>th</sup> February 2026. We are sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

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We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.  
**We care . We respect . We are inclusive**

**Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:**

I'd like to make the following FOI request in regards to maternal mental health for women living in Bedfordshire.

**Question 1:** How many mothers in Bedfordshire were identified as having mental health issues after giving birth in 2021, 2022, 2023, 2024, and 2025? Please indicate the numbers in each of the following categories; postnatal depression, postnatal anxiety and postnatal psychosis. Please also include their ethnicities. If the information isn't held in this format please provide an alternative.

**Answer:** Please see table below:

Row Labels	Other Referrals	Postnatal MH Diagnosis Referrals	Total Referrals
<b>2021</b>	938	17	955
<b>2022</b>	1153	29	1182
<b>2023</b>	1305	10	1315
<b>2024</b>	1585	14	1599
<b>2025</b>	1584	15	1599
<b>Total Referrals</b>	<b>6565</b>	<b>86</b>	<b>6651</b>

Years (Referral Date)	Ethnicity	Other Referrals	Postnatal MH Diagnosis Referrals	Grand Total
<b>2021</b>	Any other ethnic group	<5*	0	<5*
	Any other White background	8	0	8
	Asian or Asian British - Any other Asian background	13	0	13
	Asian or Asian British - Bangladeshi	14	<5*	15
	Asian or Asian British - Indian	30	0	30
	Asian or Asian British - Pakistani	46	0	46
	Asian or Asian British-Any other Asian background	<5*	0	<5*
	Asian or Asian British-Bangladeshi	<5*	0	<5*
	Asian or Asian British-Indian	<5*	0	<5*
	Asian or Asian British-Pakistani	<5*	0	<5*
	Black or Black British - African	15	<5*	17
	Black or Black British - Any other Black background	<5*	0	<5*



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	Black or Black British - Caribbean	22	0	22
	Black or Black British-African	<5*	0	<5*
	Black or Black British-Any other Black background	<5*	0	<5*
	Black or Black British-Caribbean	<5*	0	<5*
	Mixed - Any other mixed background	15	0	15
	Mixed - White and Asian	8	0	8
	Mixed - White and Black African	<5*	0	<5*
	Mixed - White and Black Caribbean	22	0	22
	Mixed-White and Black African	<5*	0	<5*
	Mixed-White and Black Caribbean	<5*	0	<5*
	Not known	42	0	42
	Not stated	17	0	17
	Other Ethnic Groups - Any other ethnic group	<5*	0	<5*
	Other Ethnic Groups - Chinese	<5*	0	<5*
	White - Any other White background	51	<5*	53
	White - British	550	11	561
	White - Irish	<5*	0	<5*
	White-British	48	<5*	49
	White-Irish	<5*	0	<5*
	<b>2021 Total</b>	938	17	955
	<b>2022</b>			
	Any other ethnic group	6	0	6
	Any other White background	<5*	0	<5*
	Asian or Asian British - Any other Asian background	10	<5*	12
	Asian or Asian British - Bangladeshi	32	0	32
	Asian or Asian British - Indian	22	0	22
	Asian or Asian British - Pakistani	65	0	65
	Asian or Asian British-Any other Asian background	<5*	0	<5*
	Asian or Asian British-Bangladeshi	<5*	0	<5*



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	Asian or Asian British-Indian	<5*	0	<5*
	Asian or Asian British-Pakistani	8	0	8
	Black or Black British - African	27	<5*	30
	Black or Black British - Any other Black background	<5*	<5*	6
	Black or Black British - Caribbean	16	<5*	18
	Black or Black British-African	<5*	0	<5*
	Black or Black British-Caribbean	<5*	0	<5*
	Mixed - Any other mixed background	13	0	13
	Mixed - White and Asian	8	0	8
	Mixed - White and Black African	<5*	0	<5*
	Mixed - White and Black Caribbean	22	<5*	23
	Mixed-Any other mixed background	<5*	0	<5*
	Mixed-White and Asian	<5*	0	<5*
	Mixed-White and Black Caribbean	<5*	0	<5*
	Not known	42	0	42
	Not stated	19	0	19
	Other Ethnic Groups - Any other ethnic group	17	0	17
	White - Any other White background	79	0	79
	White - British	668	17	685
	White - Irish	15	0	15
	White-British	58	<5*	60
<b>2022 Total</b>		1153	29	1182
<b>2023</b>	Any other ethnic group	5	0	5
	Any other White background	11	0	11
	Asian or Asian British - Any other Asian background	15	0	15
	Asian or Asian British - Bangladeshi	44	0	44
	Asian or Asian British - Indian	48	0	48
	Asian or Asian British - Pakistani	53	0	53



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	Asian or Asian British-Bangladeshi	<5*	0	<5*
	Asian or Asian British-Indian	<5*	0	<5*
	Asian or Asian British-Pakistani	<5*	0	<5*
	Black or Black British - African	35	<5*	37
	Black or Black British - Any other Black background	12	0	12
	Black or Black British - Caribbean	26	0	26
	Black or Black British-African	<5*	0	<5*
	Black or Black British-Any other Black background	<5*	0	<5*
	Mixed - Any other mixed background	19	0	19
	Mixed - White and Asian	16	0	16
	Mixed - White and Black African	<5*	0	<5*
	Mixed - White and Black Caribbean	29	0	29
	Mixed-Any other mixed background	<5*	0	<5*
	Mixed-White and Asian	<5*	0	<5*
	Mixed-White and Black African	<5*	0	<5*
	Not known	31	0	31
	Not stated	10	0	10
	Other Ethnic Groups - Any other ethnic group	20	0	20
	Other Ethnic Groups - Chinese	<5*	0	<5*
	White - Any other White background	98	0	98
	White - British	720	8	728
	White - Irish	13	0	13
	White-British	79	0	79
	White-Irish	<5*	0	<5*
	<b>2023 Total</b>	1305	10	1315
<b>2024</b>	Any other ethnic group	<5*	0	<5*
	Any other White background	11	0	11
	Asian or Asian British - Any other Asian background	20	0	20



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	Asian or Asian British - Bangladeshi	41	<5*	43
	Asian or Asian British - Indian	48	0	48
	Asian or Asian British - Pakistani	115	0	115
	Asian or Asian British-Any other Asian background	<5*	0	<5*
	Asian or Asian British-Bangladeshi	<5*	0	<5*
	Asian or Asian British-Indian	<5*	0	<5*
	Asian or Asian British-Pakistani	<5*	0	<5*
	Black or Black British - African	39	<5*	40
	Black or Black British - Any other Black background	18	0	18
	Black or Black British - Caribbean	26	0	26
	Mixed - Any other mixed background	26	0	26
	Mixed - White and Asian	9	<5*	10
	Mixed - White and Black African	<5*	0	<5*
	Mixed - White and Black Caribbean	32	0	32
	Mixed-Any other mixed background	<5*	0	<5*
	Mixed-White and Black African	<5*	0	<5*
	Mixed-White and Black Caribbean	<5*	0	<5*
	Not known	28	0	28
	Not stated	14	0	14
	Other Ethnic Groups - Any other ethnic group	36	0	36
	Other Ethnic Groups - Chinese	<5*	0	<5*
	White - Any other White background	95	0	95
	White - British	915	10	925
	White - Irish	10	0	10
	White-British	73	0	73
	White-Irish	<5*	0	<5*
	<b>2024 Total</b>	1585	14	1599
	<b>2025</b>			
	Any other ethnic group	5	0	5



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	Any other White background	<5*	0	<5*
	Asian or Asian British - Any other Asian background	19	<5*	21
	Asian or Asian British - Bangladeshi	54	<5*	57
	Asian or Asian British - Indian	26	0	26
	Asian or Asian British - Pakistani	111	0	111
	Asian or Asian British-Any other Asian background	<5*	0	<5*
	Asian or Asian British-Bangladeshi	<5*	0	<5*
	Asian or Asian British-Indian	<5*	0	<5*
	Asian or Asian British-Pakistani	<5*	0	<5*
	Black or Black British - African	39	<5*	40
	Black or Black British - Any other Black background	16	0	16
	Black or Black British - Caribbean	27	<5*	28
	Black or Black British-African	<5*	0	<5*
	Black or Black British-Any other Black background	<5*	0	<5*
	Mixed - Any other mixed background	31	0	31
	Mixed - White and Asian	12	0	12
	Mixed - White and Black African	13	0	13
	Mixed - White and Black Caribbean	30	0	30
	Mixed-White and Asian	<5*	0	<5*
	Mixed-White and Black Caribbean	<5*	0	<5*
	Not known	35	0	35
	Not stated	21	0	21
	Other Ethnic Groups - Any other ethnic group	24	0	24
	Other Ethnic Groups - Chinese	<5*	0	<5*
	White - Any other White background	97	0	97
	White - British	953	7	960



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	White - Irish	13	0	13
	White-British	35	<5*	36
	White-Irish	<5*	0	<5*
<b>2025 Total</b>		1584	15	1599
<b>Grand Total</b>		6565	85	6650

\* The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:

*(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.*

The information you have requested relates to less than five individuals and has the potential for those individuals to be identified. The Trust is therefore unable to provide this information.

**Question 2: How long was the waiting list for psychological treatment after a mother reaches out for support in 2021, 2022, 2023, 2024, and 2025 in Bedfordshire? By treatment I mean for mental health symptoms including CBT, medication, counselling. Please also include their ethnicities. If the information isn't held in this format please provide an alternative.**

Answer: The Trust has reviewed question 2 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—  
*(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and*  
*(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust does not record waiting lists from previous years as requested as the Trust systems can only provide current snapshot information regarding waiting lists. The Trust is therefore unable to provide a response.

**Question 3: How many mothers in Bedfordshire were prescribed medication for their mental health issues after giving birth in 2021, 2022, 2023, 2024, and 2025? Please also include their ethnicities. If the information isn't held in this format please provide an alternative**

Answer: The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—  
*(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and*  
*(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust incident reporting system does not record whether someone is a mother or not. The Trust is therefore unable to provide a response.



**Question 4: How many suicides were there after a mother gave birth during 2021, 2022, 2023, 2024, and 2025 in Bedfordshire? Please also include their ethnicities. If the information isn't held in this format please provide an alternative**

**Answer:** The Trust has reviewed question 4 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—  
*(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and*

*(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust incident reporting system does not record whether someone is a mother or not. The Trust is therefore unable to provide a response.

**Question 5: What treatment is offered to those experiencing mental health problems after giving birth in Bedfordshire? If the information isn't held in this format please provide an alternative.**

**Answer:** There is a range of support available. Some of this support is from the GP, perinatal mental health midwives and health visitors. Some support is available via Talking Therapies and there is priority given to women who are pregnant or who have given birth in the last 12 months. Where women need secondary care, there is support from the specialist perinatal mental health service. Treatment options would be based on patient need and preference. There is psychology who can offer therapies where appropriate, OT support, specialist medication advice and medical reviews, nursing support and interventions, social workers, support time and recovery workers who can provide support in the community, including guided self help, and nursery nurse support which can include support with bonding and attachment. We can offer VIG and Circle of Security within the team and support people to attend groups in the local communities.

Some people may need to access our crisis resolution and home treatment team if more intense treatment in the community is required to avoid hospital admission.

If birthing people need an inpatient admission, there is an option to be referred for a Mum and Baby Unit admission with the nearest unit being in Hertfordshire.



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