



Subject:	Correspondence received – Premenstrual Dysphoric Disorder (PMDD) Awareness - Department of Health and Public Health Agency Responses
Date:	21st August, 2026
Reporting Officer:	Nora Largey, City Solicitor/Director of Legal and Civic Services
Contact Officer:	Eilish McGoldrick, Democratic Services and Governance Co-ordinator

Restricted Reports	
Is this report restricted?	Yes ☐ No ☒
Please indicate the description, as listed in Schedule 6, of the exempt information by virtue of which the council has deemed this report restricted.	
Insert number ☐	
1. Information relating to any individual 2. Information likely to reveal the identity of an individual 3. Information relating to the financial or business affairs of any particular person (including the council holding that information) 4. Information in connection with any labour relations matter 5. Information in relation to which a claim to legal professional privilege could be maintained 6. Information showing that the council proposes to (a) to give a notice imposing restrictions on a person; or (b) to make an order or direction 7. Information on any action in relation to the prevention, investigation or prosecution of crime	
If Yes, when will the report become unrestricted?	
After Committee Decision	☐
After Council Decision	☐
Sometime in the future	☐
Never	☐
Call-in	
Is the decision eligible for Call-in?	Yes ☒ No ☐

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1.0	Purpose of Report or Summary of main Issues
1.1	To consider the correspondence received from the Department of Health and Public Health Agency in relation to Notice of Motion on Premenstrual Dysphoric Disorder (PMDD) Awareness.
2.0	Recommendations
2.1	The Committee is asked to: • note the correspondence as set out in the report.
3.0	Main report
3.1	<u>Key Issues</u> At its meeting on 5th May 2026, Belfast City Council passed the following motion which had been proposed by Councillor Áine Groogan and seconded by Councillor Jenna Maghie: <i>“This Council recognises that April is PMDD Awareness Month. PMDD stands for Premenstrual Dysphoric Disorder, which is an endocrine disorder and is the abnormal reaction to fluctuations in hormones.</i> <i>This Council notes that PMDD affects 1 in 20 women and those assigned female at birth and has serious impacts on their mental and physical health. Symptoms can be emotional, physical and psychological including mood swings, fatigue, pain and suicidal ideations, and can affect those with the conditions for up to two weeks of every month. 34% of those with the condition have attempted to take their own life, yet despite how serious the condition can be there is a lack of training and awareness of the condition throughout GPs and medical practitioners. It can take twelve years to get a diagnosis and it can often be misdiagnosed and therefore mistreated as bipolar disorder.</i> <i>This Council will write to the Department of Health to ask them what training and awareness campaigns they provide for medical practitioners of the symptoms of PMDD and will also write to the Public Health Agency to ask them to launch a public campaign to highlight the condition and how to track the symptoms.</i> <i>This Council will work with the PMDD Project to hold workshops for councillors and all council staff to provide more awareness and information of how to get help for the condition.”</i>
3.2	Subsequently, Democratic Services wrote to the Department of Health and Public Health Agency and responses have been received at Appendix 1 and Appendix 2.
3.3	The Committee is asked to consider the responses.

3.4	<u>Financial and Resource Implications</u> None associated with this report.
3.5	<u>Equality or Good Relations Implications/Rural Needs Assessment</u> None associated with this report.
4.0	Appendices – Documents Attached
	Appendix 1 – Response from the Department of Health Appendix 2 – Response from Public Health Agency