

Maternal Mental Health Service

(Trauma, Loss and Fear in Maternity)

.....

The Maternal Mental Health Service is a new service available in North Cumbria for women and birthing people who have emotional and psychological difficulties relating to their pregnancy, birthing or maternity experience.

We accept referrals for

- **Fear, anxiety, or phobia** related to pregnancy, childbirth, foetal medicine, hospital or other medical settings, which is impacting decisions about reproduction on pregnancy.
- **A trauma or loss** (for any reason) occurring in the maternity, neonatal or perinatal context, which is significantly impacting day to day functioning, feelings about pregnancy and the baby, or maternity care.
- **Post-traumatic stress** reaction following a perinatal loss or difficult birth.

What service is provided?

We will invite women and birthing people for an initial appointment, which will last about 50 minutes. During this appointment, we will find out more about the person's difficulties and jointly develop a treatment plan. We offer a range of psychological therapies, including cognitive behavioural therapy (CBT), eye movement desensitisation reprocessing (EMDR), acceptance and commitment therapy (ACT), and compassion-focused approaches.

Our team

We are a small team comprising:

- **Dr Catherine Parker** – Consultant Clinical Psychological & Clinical Lead for MMHS.
- **Ria Lowrie** – Senior Psychological therapist.
- **Sophie Bradbury** – Trainee Cognitive Behavioural Therapist.

How do I refer?

There are three possible routes to referral:

- Emailing a completed MMHS or elective outpatient referral form to mmhs@ncic.nhs.uk
- Clinic letter from a healthcare professional, which is then emailed to mmhs@ncic.nhs.uk
- If you would like to discuss the referral first, a telephone consultation call with a member of the MMHS team can be booked by emailing mmhs@ncic.nhs.uk

If you have any questions, please do not hesitate to contact us.