

Maternal Mental Health Service

(Trauma, Loss and Fear in Maternity)

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The Maternal Mental Health Service is a new service available in North Cumbria. The service is for women and birthing people who are struggling during their pregnancy, after a difficult childbirth, or following the loss of a baby.

Do you have...?

- **Fear, anxiety, or phobia** related to pregnancy, childbirth, hospital or medical procedures.
- **A traumatic experience** related to pregnancy or childbirth.
- **Multiple miscarriages or loss of a baby.**

What can I expect?

You will be invited to attend a first appointment with a member of our team. This will last about 50 minutes. During this appointment, we will aim to find out more about the difficulties you are experiencing and what is important to you. We will also ask about your hopes or goals and how we can best support you. We will then work together to develop a plan that feels right for you.

How do I get referred?

You can request a referral to the Maternal Mental Health Service from a member of your maternity care team, your health visitor or your GP. We expect to offer you an appointment within four weeks of this referral being received.

Contact us

If you have any questions, or would like to discuss the Maternal Mental Health Service further, please do not hesitate to contact us via telephone on **01768 245954** or by emailing **mmhs@ncic.nhs.uk**

Our team is inclusive and respectful. If there is anything we can do to make the appointment easier for you, please let us know and we will accommodate these wherever possible.