
INFORMATION FOR PATIENTS

Following your Birth Afterthoughts session

Thank you for attending your Birth Afterthoughts session today. We hope that your session was helpful.

The session may bring up some difficult emotions. If you are experiencing anxiety, low mood, difficulties with sleeping or socialising, or feel you need further support with your emotional wellbeing, please speak with your GP or health visitor.

Please look at the following websites for further information, signs and symptoms and self-help advice:

- [Emotional health and wellbeing in pregnancy - Sherwood Forest Hospitals \(sfh-tr.nhs.uk\)](https://www.sherwoodforesthospitals.nhs.uk/emotional-health-and-wellbeing-in-pregnancy)
- <https://www.nottinghamshirehealthcare.nhs.uk/perinatal-mental-health-problems>

Local support:

- Talking Therapies - [Nottinghamshire Talking Therapies \(notts-talk.co.uk\)](https://www.notts-talk.co.uk) (self-referral)
- Local support groups and advice - [Nottshelpyourself](https://www.nottshelpyourself.co.uk)

The following require a referral from GP, health visitor or midwife:

- Perinatal Trauma and Bereavement Service - [The Nottinghamshire Perinatal Trauma and Bereavement Service \(PTBS\) Nottinghamshire Healthcare NHS Foundation Trust](https://www.notts-trust.nhs.uk/perinatal-trauma-and-bereavement-service)
- Perinatal Community Mental Health Team - [Perinatal Community Mental Health Team | Nottinghamshire Healthcare NHS Foundation Trust](https://www.notts-trust.nhs.uk/perinatal-community-mental-health-team)

For support in a mental health crisis

A mental health crisis is a time when you need urgent help. You may be considering or practicing self-harm or thinking about suicide.

The following support is available 24 hours a day, seven days a week:

- Nottinghamshire Mental Health Crisis Line - [0808 196 3779](tel:08081963779)
- SHOUT Crisis Textline – 85258
- Samaritans - 116 123.

If you do not feel able to keep yourself or others safe, please call 999 or attend your nearest emergency department.

Support for partners/families:

- Support for partners, carers and families - <https://www.nottinghamshirehealthcare.nhs.uk/pmhs-support-for-partners-carers-and-families>
- LGBT+ Services Nottinghamshire - [LGBT+ support services - Notts LGBT+](https://www.notts.gov.uk/lgbt-support)

- Dad Pad (free for users in Nottinghamshire) - [DadPad | The Essential Guide for New Dads | Support Guide for New Dads \(thedadpad.co.uk\)](https://thedadpad.co.uk)

Out of area support:

- Derbyshire Talking Therapies - [Talking Mental Health Derbyshire :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](https://derbyshirehealthcareft.nhs.uk)
- Lincolnshire Talking Therapies - [Home :: steps2change Lincolnshire \(lincolnshiretalkingtherapies.nhs.uk\)](https://lincolnshiretalkingtherapies.nhs.uk)

UK-wide support:

- Birth Trauma Association - <https://www.birthtraumaassociation.org/>
- Make Birth Better - [Make Birth Better](https://www.makebirthbetter.org/)
- PND Awareness & Support (PANDAS) - <https://pandasfoundation.org.uk/>
- Mind - <https://www.mind.org.uk/>

Feedback, improvements and complaints

For support with making a complaint (within 12 months) and accessing your medical records:

- Sherwood Forest Hospitals Patient Experience Team (PET)
King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.pet@nhs.net
- Nottingham & Nottinghamshire Maternity & Neonatal Voices Partnership (advocates for improvements to local maternity and neonatal services) - [Nottingham and Nottinghamshire – Maternity Voices Partnership \(nottsmvp.co.uk\)](https://nottsmvp.co.uk)

To ensure we continually evaluate and improve our service, you are invited to share your feedback by scanning the QR code on the right, using your phone's camera function.

Alternatively, click on the following link or type into your browser: <https://forms.office.com/e/3t3sKrib2a>

Further information

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.



To be completed by the Communications office
Leaflet code: PIL202409-01-FBAS
Created: September 2024 / Review Date: September 2026