

INFORMATION FOR PATIENTS AND FAMILIES

Following your Birth Reflections session

Thank you for attending your Birth Reflections session.

We hope your conversation was a helpful opportunity to reflect on your birth experience, ask questions, gain a better understanding of your care, and feel heard and supported.

Birth reflection conversations are recognised as an important way to help people process their experiences, understand events more clearly, and explore any remaining questions in a safe, supportive, and non-judgemental environment.

Emotional wellbeing after your session

Talking about your birth experience can sometimes bring up strong emotions, either immediately or in the days that follow. This may happen whether your experience felt positive, difficult, or somewhere in between.

If you are experiencing anxiety, low mood, difficulties sleeping, distressing memories, difficulties socialising, or feel you need further support with your emotional wellbeing, please speak with your GP, midwife, health visitor, or another healthcare professional.

The following organisations and services may provide additional information, emotional wellbeing support, self-help resources, and specialist advice:

- Emotional Health and Wellbeing in Pregnancy – Sherwood Forest Hospitals
<https://www.sfh-tr.nhs.uk/our-services/maternity-1/emotional-health-and-wellbeing-in-pregnancy/>
- Nottinghamshire Healthcare Perinatal Mental Health Information
<https://www.nottinghamshirehealthcare.nhs.uk/perinatal-mental-health-problems>

Further birth reflections support

If, following your session, you feel you have further questions or would benefit from additional discussion, please contact:

Birth Reflections Service (PMA Team)
Email: sfh-tr.pmateam@nhs.net

Please include:

- Your name
- A contact telephone number

- Your baby's date of birth (if you feel comfortable sharing).

A member of the team will aim to contact you within ten working days.

Local support:

- Talking Therapies (self-referral)
<https://notts-talk.co.uk/>
- Notts Help Yourself
<https://www.nottshelpyourself.org.uk/>

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

- Perinatal Trauma and Bereavement Service (PTBS)
<https://www.nottinghamshirehealthcare.nhs.uk/the-nottinghamshire-perinatal-trauma-bereavement-service-ptbs>
- Perinatal Community Mental Health Team
<https://www.nottinghamshirehealthcare.nhs.uk/pmhs-perinatal-community-mental-health-team>

Support for partners and families:

- Support for partners, carers, and families
<https://www.nottinghamshirehealthcare.nhs.uk/pmhs-support-for-partners-carers-and-families>
- LGBT+ Support Services Nottinghamshire
<https://www.nottslgbt.com/resource-hub/lgbt-support-services/>
- DadPad (free for users in Nottinghamshire)
<https://thedadpad.co.uk/>

Support in a mental health crisis

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

Support is available 24 hours a day, seven days a week:

- Nottinghamshire Mental Health Crisis Line: 0808 196 3779.
- SHOUT Crisis Textline: Text SHOUT to 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.

National support organisations:

- Birth Trauma Association
<https://www.birthtraumaassociation.org/>
- Make Birth Better
<https://www.makebirthbetter.org/>
- PANDAS Foundation
<https://pandasfoundation.org.uk/>
- Mind
<https://www.mind.org.uk/>

Obtaining your maternity records

If you would like a copy of your maternity records, please contact the Patient Experience Team (PET) – details in the next section - or the Birth Reflections Service and request a Subject Access Request Form.

You will be asked to provide proof of identity. There is no charge for this service.

Providing feedback or raising concerns about your care

If you would like to provide feedback, raise concerns, or make a formal complaint about your care, please contact the Patient Experience Team (PET):

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.pet@nhs.net

If you have concerns about the professional conduct of an individual healthcare professional, information is available from the Nursing and Midwifery Council (for nurses and midwives) and the General Medical Council (for doctors) regarding how concerns may be raised directly with those organisations.

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

Alternatively, click on the following link or type into your browser:

[Birth Reflections Service at Sherwood Forest Hospitals – Fill out form](#)



Important information

This leaflet is intended for general information purposes only and should not replace advice from your healthcare professional.

External websites are provided for information and convenience. Sherwood Forest Hospitals NHS Foundation Trust cannot accept responsibility for the content of external websites.

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: PIL202607-02-FBAS Created: September 2024 / Revised: July 2026 / Review Date: July 2028
