

## Birth in Mind Service

The Birth in Mind service is an integrated maternity and psychology service available for women wishing to discuss their birth experience. The service offers a 2-step approach –

1. Specialist Midwife 'Childbirth Review' - therapeutic listening service for women who want to talk through their birth experience, review of events giving a factual account, allows expression of feelings and emotions, validate their lived experience and offer discussion on future pregnancies.
2. Psychological support/therapy – for women showing signs of post-traumatic stress disorder (PTSD) – flash backs, nightmares, reliving events, irrational thoughts.

This service is available for postnatal women that live in or birth in Barnsley, who want to talk about their birth experience. The sessions are run by a specialist midwife and are usually offered from 6-8 weeks postpartum (with no upper limit). If you are concerned about how a woman is feeling before this point, please contact us to discuss what support might be most helpful. This allows time for women to process events and emotions, normal to the transition of childbirth and parenthood. For some women the childbirth review may be enough to help them process and rationalise what has happened. For women experiencing PTSD symptoms as a result of their child birth experience onward referral is made to our integrated psychology team for support, or Perinatal Mental Health Service, Barnsley Talking Therapies (previously IAPT) if more appropriate.

However eventful or complicated the birth may appear to professionals, given time the majority of women will make sense and meaning from the events with no psychological effect. It is important for women to recognise themselves if the birth was distressing or traumatic.

Women are encouraged to self-refer via telephone, email or QR code, referrals can also be made by a health or social care professional on their behalf.

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