

Birth in Mind Service

Emotional Wellbeing After Childbirth

In the first few weeks after having a baby you may find that you are constantly going over what happened during labour and birth as you try to make sense of it all.

Sometimes remembering what happened can be distressing, you may experience unusual feelings, flashbacks and nightmares. This can be quite normal as your body and mind adjust after childbirth; these feelings usually diminish or resolve by 4-6 weeks.

Talking about your birth experience with family and friends, or your Community Midwife or Health Visitor can be helpful. These conversations help to naturally process what has happened; you may find this is enough to help you make sense of your experience.

If you find that your feelings about the birth have not resolved, or you need to understand what happened and why, you can speak to a Specialist Midwife about your experience. Following this, if you need more support we can refer you to our psychology service or other specialist services.

If you:

- Live in or birthed your baby(ies) in the Barnsley area
- wish to talk about your birth experience, fill in gaps and make sense of events
- feel distressed as a result of your birth experience and are concerned about your feelings

You can refer yourself by:

- **E-mail:** bdg-tr.birthinmindservice@nhs.net
- **Telephone:** 01226 436340 (voicemail service)
- **Work mobile:** 07775800557 (ring or text)
- **QR code:** scan the QR code to open a referral link



Please include:

- Your name, date of birth, telephone number & a brief summary of why you are referring yourself to this service.

Alternatively, you can speak to your midwife, Health Visitor or GP who can refer you to this service on your behalf.