

'BIRTH AFTERTHOUGHTS'

MATERNITY DEBRIEF SERVICE

Why do we have a Birth Afterthoughts service?

Some birth experiences may leave women feeling traumatised, distressed or confused. For some women, the birth they experienced was very different to the birth they hoped to have, which can be difficult to deal with. You can access the Birth Afterthoughts Service to talk about these feelings, and to better understand what happened to you during your birth. This can be soon after the birth, or several years later. You can also discuss how this impacts on future births.

How can it help you?

Debriefing helps women to:

- Tell the story of their birth experience and have the opportunity to express their feelings; positive or negative.
- Feedback about the care they received – this feedback can help to improve the service we provide
- Resolve unanswered questions about their birth, and help them to understand why things may have happened, or why decisions were made.

How to access the service:

Referrals may be made anytime through your midwife or by sending an email to birthafterthoughts@jpaget.nhs.uk

- Women's Experience Midwife, Jenny Keys, will contact you to discuss the referral and book an appointment.
- At the appointment we will go through your maternity notes with you and / or your birthing partner.
- Should you require further support, this can be arranged at the appointment.

