

Birth Reflections

Birth Reflections provides people who have given birth at Buckinghamshire Healthcare NHS Trust with the opportunity to talk about their birth experience and explore their feelings with a midwife.

It is not always easy to take in all the information you are given during labour, birth or immediately after and a review of your notes might help you to 'fill in the gaps'.

What can we help with?

We can help you understand and overcome issues including:

- a traumatic birth
- confusion and memory loss about events and timings
- unanswered questions about the birth
- difficulty understanding the actions or processes during your pregnancy and birth

Appointments

Appointments take place virtually and they last approximately an hour. You might want to attend with your partner, a friend or a family member.

We suggest waiting up to 6 weeks after the delivery to give yourself time to process what happened - we can offer you an appointment up to a year after the birth.

Appointments can be made by emailing: bht.birthreflections@nhs.net, or completing our online referral form at: <https://www.buckshealthcare.nhs.uk/birthchoices/birth-reflections-form/>

We will then call you to arrange your birth reflections appointment.

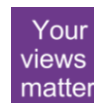
Is Birth Reflections right for me?

It is important to consider whether this service is right for you. If you are experiencing flashbacks, anxiety, depression, or any other mental health problems as a result of your birth, we advise contacting NHS Buckinghamshire Talking Therapies for appropriate mental health support before having a birth reflections appointment. You can self-refer to NHS Buckinghamshire Talking Therapies via their website: <https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/> or call 01865 901600



Complaints, concerns and compliments

Please note that the Birth Reflections service is not a complaints or feedback service. If you have any concerns regarding your care, please contact PALS.



Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

Division of Women, Children & Sexual Health Services

Approvals:

Maternity Guidelines Group: V1 21 Apr 2023

O&G SDU: 21.6.23

Clinical Review Group: not req

BMV: May 2023

Equality Impact Assessment: May 2023

CAP: Jul 2023