

## Additional support available

**Sands:** Sands is a UK stillbirth and neonatal death charity, providing bereavement support services. [www.sands.org.uk](http://www.sands.org.uk)

**The Miscarriage Association:** For people affected by miscarriage, molar pregnancy or ectopic pregnancy.

<https://www.miscarriageassociation.org.uk/>

**The Lullaby Trust:** Helps families who experience the sudden loss of a baby, providing emotional and practical support. <https://www.lullabytrust.org.uk/>

**The Ectopic Pregnancy Trust:** Available to anyone who has experienced an ectopic pregnancy as well as partners and wider family members and friends. <https://ectopic.org.uk/>

**Antenatal Results and Choices (ARC):** Offers information and support to parents before, during and after antenatal screening; when they are making difficult decisions about continuing with or ending a pregnancy.

<https://www.arc-uk.org/>

**Birth Trauma Association:** Supports women who suffer birth trauma.

<https://www.birthtraumaassociation.org.uk/>

**Improving Access to Psychological Therapies (IAPT)** services aim to help you manage a range of common mental health problems including anxiety, stress, depression and low mood.

<https://iapt.awp.nhs.uk/>

## Contact

For more information or for an informal discussion you can

**Call the team on 01249 477399**

**Email: via [awp.bswmms-referrals@nhs.net](mailto:awp.bswmms-referrals@nhs.net)**

For information on Trust services visit [www.awp.nhs.uk](http://www.awp.nhs.uk)

## Other languages and formats

Please let us know if you need this information in another language or format (such as large print, audio, Braille).

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362 900

Freephone: 0800 073 1778

Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

Lead: Senior Psychological Therapist

Leaflet code: AWP 077

Last reviewed: Jan 23

Next review due: Jan 26



Avon and Wiltshire  
Mental Health Partnership  
NHS Trust



**Information for  
women, birthing people and  
and partners**



## Who we are and what we do

The Ocean: Birth trauma and loss service is made up of a small team of psychological therapists and specialist midwives and nurses working within BANES, Swindon and Wiltshire (BSW).

We offer assessment and psychological therapy to those experiencing moderate - severe mental health difficulties as a result of trauma and loss linked to pregnancy, baby loss or childbirth.

## Who can use the service?

Women or birthing people who have a GP within BaNES, Swindon or Wiltshire and are experiencing the following issues and are struggling with high levels of distress:

- Trauma following perinatal loss (including early miscarriage, recurrent miscarriage, stillbirth, neonatal death).
- Feelings of distress following a traumatic birth.
- Termination of pregnancy for any reason.
- Tokophobia (severe fear of childbirth) during or before pregnancy.
- Support and signposting for partners.

## What we offer

Specialist assessment to decide if we are the right service for you and to develop a treatment plan.

We provide Eye Movement Desensitisation and Reprocessing (EMDR) therapy and Trauma - focused Cognitive Behavioural Therapy (CBT).

These are both forms of therapy that can be useful and effective for those who have experienced trauma.

Based on the need of each person, further advice, support and signposting can be offered.

## What we expect from you

- To be ready and willing to work through memories of the trauma or loss that you have experienced.
- To be able to attend every week to get the most from therapy.
- To be somewhere quiet and confidential where you can fully engage and concentrate.

Our therapy is delivered remotely, so access to a computer or mobile phone is needed.

## How to refer

**At this time, we do not accept self-referrals**

Referrals can be made by contacting your GP, midwife, health visitor, mental health professional or other organisation involved in your care. They can complete the referral form on your behalf.

Upon referral to the Ocean: Birth trauma and loss service, the team will assess (triage) all cases.

Triaging means deciding which service would be most suitable in providing care and treatment to each individual person, based on their clinical needs.

Please note this may involve signposting to other mental health services if this would be better for you.

## How referrers can find out more

For more information or for an informal discussion, contact the team on 01249 477399.

