



Forget-Me-Not Service

Frimley Maternal Mental Health

Partners & Carers Support offer:

As part of your partner or carers acceptance into the Forget-Me-Not therapy service, we extend the offer for Partners and Carers Support to everyone.

What happens after referral?

Once you have been made aware of the support offer and given consent for your details to be passed on, a referral will be made through your partner's therapist. Then, your needs will be considered and if our service is able to support you then we will contact you for an initial assessment appointment.

What we offer as a service

We aim to build an understanding of individual experiences and current difficulties by working together and thinking about steps forward. The length and number of sessions required will be assessed on an individual basis.

Support may include:

- A safe space to share experiences
- Information about how the brain and body responds to trauma, loss and grief
- Create helpful ways of supporting your partner through the loss
- Developing coping strategies
- Signposting to other agencies and help with self-referrals to talking therapies

Where will I be seen?

We offer the choice of online or face-to-face appointments in one of the following locations: **Slough, Camberley or Farnham**. These clinics are provided away from hospital environments, schools, or children centres, where possible. The service does not include home visits.

Unfortunately, we are not able to provide crisis support. If you require urgent or immediate help, please contact your GP or the following services:

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| • Immediate risk to self/others (emergency) | 999 |
| • East Berkshire Crisis Team | 0800 129 9999 (option 2) |
| • Surrey, North-East Hampshire & Farnham Crisis Team | 0800 915 4644 |
| • Samaritans | 0800 116 123 |

Working together: This service is funded by the Frimley ICB and provided by Berkshire Healthcare.