

## Birth in Mind service video transcript

0:00:00.720,0:00:05.760

We are the birth and mind service. We are a team of psychologists and therapists working

0:00:05.760,0:00:11.920

closely with the perinatal mental health team and local maternity services. We can help if

0:00:11.920,0:00:15.920

you're experiencing difficulties relating to birth trauma or if you are currently

0:00:15.920,0:00:21.520

pregnant and experiencing severe fear of birth. Birth trauma is a form of post-traumatic stress

0:00:21.520,0:00:28.160

disorder, also known as PTSD, related to the experience of giving birth or perinatal loss.

0:00:28.160,0:00:34.560

Perinatal loss can include miscarriage, ectopic pregnancy, still birth, termination of pregnancy,

0:00:34.560,0:00:40.000

and neonatal death. We can provide therapy and treatments to help you recover and rebuild

0:00:40.000,0:00:46.720

your life. If you're experiencing PTSD due to a traumatic birth, your treatment plan may include

0:00:46.720,0:00:51.760

learning more about PTSD, developing skills to manage your symptoms, and support to help

0:00:51.760,0:00:57.920

you make sense of your traumatic experiences. If you're experiencing fear of birth, we will explore

0:00:57.920,0:01:02.960

your concerns, develop a plan to improve your well-being and support you to share all of this

0:01:02.960,0:01:09.360

with your maternity team prior to delivery. We also offer a postnatal review to assess your needs

0:01:09.360,0:01:14.960

and discuss options for further support. To access our service, you will need to be referred by your

0:01:14.960,0:01:21.440

GP or a health care professional. We currently do not accept self-referrals. Appointments are

0:01:21.440,0:01:27.440

held in person or via online video call. If you need mental health support urgently, please call

0:01:27.440,0:01:34.480

111 or go to your local accident and emergency. Call 999 in a life-threatening emergency. You

0:01:34.480,0:01:40.320

can find more information about the birth and mind service and what we offer on our web page.