

Forget-Me-Not Service (East Berkshire) video transcript

0:00:00.880,0:00:08.640

We are the Forget Me Not Service, also known as the Frimley Maternal Mental Health Service.

0:00:08.640,0:00:13.760

We can help if you're experiencing mental health difficulties following fertility

0:00:13.760,0:00:22.720

issues or pregnancy or baby loss before 24 weeks gestation and need specialist support. Assessment

0:00:22.720,0:00:27.920

appointments are held online via video call. And then if you go on to have individual therapy

0:00:27.920,0:00:33.760

sessions, you'll be offered the option of coming to one of our community clinics for face-to-face

0:00:33.760,0:00:40.880

appointments or continue to be seen online. If you need mental health support urgently,

0:00:40.880,0:00:49.040

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

0:00:49.040,0:00:57.280

emergency. To access our service, you need to be

referred by a health professional such as your GP,

0:00:57.280,0:01:03.920

the early pregnancy unit, or anyone involved in your midwifery care. We may contact you or the

0:01:03.920,0:01:10.240

referrer for additional information to make sure we are the right service for you. If you've been

0:01:10.240,0:01:14.960

accepted onto our waiting list, we will get in touch to offer an assessment appointment,

0:01:14.960,0:01:21.440

which will usually be within 4 weeks. During your assessment, you will be asked a series of

0:01:21.440,0:01:27.440

questions to help understand your situation. We will work with you to develop a plan for

0:01:27.440,0:01:34.320

your treatment and support. There may be a wait for individual therapy, but during this time,

0:01:34.320,0:01:40.800

you'll be invited to join our webinars on grief and loss and self-compassion. You

0:01:40.800,0:01:46.640

can find more information about the Forget Me Not and what we offer on our web page.