

For more information

You can call the team on **0121 803 1345**.

Alternatively, you can speak to any healthcare professional involved in your care.

If you are in crisis or feel that you need immediate mental health support, you can contact the following helplines:

- Samaritans - 116 123
- SANEline – 07984967708
- Shout (text messaging service) – text 'shout' to 85258


In an emergency please call 999 or attend A&E.

If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email bchft.communications@nhs.net



Black Country Maternal Mental Health Service



Together with you to achieve 
healthier, happier lives

We were so sorry to hear about the loss of your baby, and understand that this is a difficult time for you. You are likely to be experiencing a range of feelings, and these feelings can make it difficult to know what to do. The loss of a baby at any stage is such a distressing experience, and we want to offer you the guidance and support you need.

Who are we?

We are a team of healthcare professionals who are here to support you with your mental health following your loss. Our team includes psychologists, therapists, specialist midwives, peer support workers and administrators.

Why have you been referred?

You have been referred because it has been identified that you're struggling with your mental health following your loss and could benefit from additional support/

How will we help you?

We will work with you to help with any mental health difficulties you may be experiencing following your loss. We offer a range of psychological therapies which we will tailor to support your individual needs. We can discuss and explain the various options when we meet. You will also be able to ask any questions you may have. We also offer advice and signposting to support partners and co-parents. Please let us know if this is something you would like more information on.

What will happen at your initial appointment?



We will invite you to one or two, hour-long sessions with a member of our team. This will give us enough time to think about what you're finding difficult and what support might be helpful for you - this support may be within our service, or we may signpost you to another relevant service best suited to your needs.



Appointments will be online or face to face; we will discuss the best option for you when you are first referred .



If you would like to bring somebody to your appointment that is absolutely fine, although it may be helpful for us to meet alone as well if you are comfortable with this .



Everything spoken about during your appointment will remain strictly confidential and will not be discussed outside of our team. However, if it is felt that you or somebody else is at risk of harm based on what is discussed, we may need to share this information with other agencies to ensure your safety. We will always try to discuss this with you before doing so.



We want to reassure you that we are here to support you and will take things at a pace you are comfortable with. You may find that your first appointment with us is enough and may not wish to seek further support; this is your choice. We will also be happy to discuss alternatives if you so wish.

