



'BIRTH AFTERTHOUGHTS'

MATERNITY DEBRIEF SERVICE

Why do we have a Birth Afterthoughts service?

Some birth experiences may leave women/birthing people feeling traumatised, distressed or confused. For some women/birthing people, the birth they experienced was very different to the birth they hoped to have, which can be difficult to deal with. You can access the Birth Afterthoughts Service to talk about these feelings, and to better understand what happened to you during your birth. This can be soon after the birth, or several years later. You can also discuss how this impacts on future births.

How can it help you?

Debriefing helps women and birthing people to:

- Tell the story of their birth experience and have the opportunity to express their feelings; positive or negative.
- Feedback about the care they received – this feedback can help to improve the service we provide
- Resolve unanswered questions about their birth, and help them to understand why things may have happened, or why decisions were made.

How to access the service:

Referrals may be made anytime through this form

- You will be contacted you to discuss the referral and book an appointment. This can take a little bit of time, depending on the location of your notes.
- At the appointment, you will go through your maternity notes with you and / or your birthing partner.
- If you need further support this can be signposted

[Birth Afterthoughts Referral Form](#)

