

Talk to us about the new



NORTH WEST LONDON MATERNAL MENTAL HEALTH SERVICE



What is a Maternal Mental Health Service?

A Maternal Mental Health Service is a specialised maternity service for women that may have additional needs during their pregnancy and after birth.



Who does it help?

- Women with tokophobia – an extreme fear/phobia of birth
- Women with severe birth trauma
- Women who have trauma due to multiple miscarriage, still birth or medical termination
- Women who have experienced trauma which is negatively impacting their pregnancy journey



Who works for it?

The service will be made up of specialist midwives, psychologists, psychological assistants, and peer support workers.

Peer supporters are other mums with lived experience who can understand first hand.



What will it do?

The service will be able to create an individual package of care. This could mean accessing therapy especially for trauma or phobias, or simply meeting other women who have experienced similar things. The service will also make sure each woman knows about all the different services in her local area and will support them to access them.

Why do we need it?

There are lots of women who have experienced loss, trauma and poor mental health. This can affect their pregnancy journey. The aim of the Maternal Mental Health Service is to provide support to these women to ensure they can recover and look forward to the future with hope and happiness. At the moment, some of these women will not get the help and support they need – often because the services are not designed for them or they are not available.

We have been chosen as a pilot site by NHS England to be able to design and build a new service to make sure all women get the support they need and deserve.

How You Can Help



We are now designing the service so that it can open in Spring 2021. This is why we are talking to women who may have experienced any of these issues. We need to hear your voices and make sure services work for you.

Make your voice heard by completing the SurveyMonkey below:

www.surveymonkey.co.uk/r/NWL-MMHS

You can get in touch with us at nwlmmhs@gmail.com

