



University Hospitals Bristol **NHS**

NHS Foundation Trust

Patient information service
St Michael's Hospital

Psychology services for maternity



Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.


Above + Beyond 
For Patients. For Health. For Bristol.

What does the psychology service offer?

We provide a psychology service to the women and families using the maternity services here at St Michael's Hospital.

The service has a number of roles including:

- offering support to individuals and couples who would like to talk about their pregnancy or birth experience
- supporting women and their partners where there has been a traumatic birth experience or bereavement
- providing supervision and support to other professionals who work with women and their families, promoting a psychological understanding of the pregnancy and birth experience.

The service is provided by registered clinical psychologists. Sometimes we have trainees working with us, all of whom are supervised. You may be asked if you are happy to see a trainee, or for them to observe an appointment. You are free to decline this, and this will not affect the care you receive.

What happens to the information I share with the clinical psychologist?

The clinical psychologist works as a member of your multidisciplinary healthcare team, and communicates regularly with them to provide the best care to your family. If there is reason to think there is a risk of harm to you or others, this information may need to be passed on to other people. The psychologist will talk to you about this first whenever possible. **If there is something you tell the psychologist that you do not want them to share with anyone other than their supervisor, please let them know.** They will always try to make sure that information is then kept private, or 'confidential'.

The psychologist will keep their own notes about any conversations they have with you or your family, which are kept securely and confidentially within psychological health services. These notes are to help the psychologist remember the details of the concerns you have discussed with them and the plans they have agreed with you. They may also write letters to members of your healthcare team (for example your GP or consultant) about the work they have done with you. These letters are filed in both their notes and your medical file. If you have any concerns, or want to know more about the information that is likely to be shared about your care, please talk to the psychologist about this.

Referrals to the service

We can offer support during both the antenatal and postnatal periods. If you would like to be referred to psychology, please ask any member of the maternity team, or your midwife.

These are some of the reasons why people choose to see a psychologist:

- having a history of difficult pregnancy or birth and being pregnant again
- having a complicated pregnancy, or being told antenatally that your baby has a serious health condition
- considering a termination of pregnancy because of problems with your baby's health or development
- having experienced the loss of a baby, either before or after birth
- having experienced a traumatic labour or birth.

We aim to respond to every referral within one working week, if not sooner. We can visit you in the delivery suite or on the

ward while you are in hospital. If you are no longer staying in hospital, then we can offer appointments on an outpatient basis in one of our clinics, and will contact you by telephone or letter.

What if I am not satisfied with the service I receive?

If you have concerns about the service you receive from the psychologist, please discuss them first with the psychologist or another member of the maternity team. If this does not address your concerns, or you do not feel able to do so, please contact the head of psychological health services, Sue Dolby, on **0117 342 8168**. Or, you can call the patient support and complaints team, which can be reached on **0117 342 1050**.

I have been given this guide but I'm not sure why

If a member of the maternity team has given you this leaflet, it does not mean that they think your family is not coping or that you 'need help'. It may be that they recognise that your situation is difficult, that you or a family member appeared distressed, or that they simply wanted you to be aware that these services existed.

If it was suggested that you might want to meet with the psychologist but you feel after reading this information that you do not want to have an appointment with them at this time, please tell the member of the team who gave you this guide that you do not want them to make a referral on your behalf. The decision to use psychological health services is entirely up to you and, if you decide not to, this will not affect your healthcare in any way.

Useful contacts

Sands (Stillbirth and neonatal death charity)

<http://uk-sands.org>

Tel: 020 7436 5881

Email: helpline@uk-sands.org

The Birth Trauma Association

www.birthtraumaassociation.org.uk

Email: support@birthtraumaassociation.org.uk

Child Bereavement UK

www.childbereavementuk.org

Tel: 0800 02 888 40

Tamba (Twins and Multiple Births Association)

www.tamba.org.uk

Twinline tel: 0800 138 0509

Antenatal Results and Choices

www.arc-uk.org

Tel: 0845 077 2290

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit:
www.uhbristol.nhs.uk/research-innovation
or call the research and innovation team on
0117 342 0233.

For access to other patient leaflets and information please go to the following address:

www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/.

Hospital Switchboard: 0117 923 0000



Minicom: 0117 934 9869



www.uhbristol.nhs.uk



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print, audio or PDF format, please call the patient information service:



0117 342 3728 / 3725

