

The Birth Afterthoughts Service

A reminder that this is a listening service, run by midwives, for women wishing to discuss events around their labour and birth experience.

Women can self refer by calling 01865 851174 any time during the first 12 months after birth or in a subsequent pregnancy.

Please note we are unable to offer any formal counselling. Women suspected of having PTSD should be referred to Talking Space. Talking Space will then refer them to Birth Afterthoughts at an appropriate stage of their treatment.