



## Further information & resources

We worked with **Dr Frankie Harrison** preparing for the tour and compiling these resources.

Frankie is a clinical psychologist who offers support for parents who have experienced birth trauma, which includes any difficulties during pregnancy, birth and postnatal.

She has a passion for supporting those who have been through neonatal care, especially and has an active page on Instagram [@miraclemoonuk](https://www.instagram.com/miraclemoonuk)

You can find more about her services, including free resources individual therapy, group therapy and courses here: [www.miraclemoon.co.uk](http://www.miraclemoon.co.uk)

### **A NOTE ABOUT THE PLAY:**

Know that it is common to have intrusive thoughts, especially after having a baby. Intrusive thoughts are thoughts that pop into your head which feel scary or shocking. They are usually focussed on thoughts of harm. Up to 70% of women postpartum experience them.

You can learn more about intrusive thoughts here:

[Intrusive thoughts when you have had a baby – Miracle Moon](#)

1 in 4 women experience miscarriage, if you have been impacted by miscarriage and want to learn more, you can find out more here:

[Miscarriage information and support | Tommy's \(tommys.org\)](#)

Tommys also have resources for those who have experience missed miscarriage:

[Missed miscarriage | Tommy's \(tommys.org\)](#)

FYI Birth trauma refers to any trauma that occurred during trying to conceive, pregnancy, birth and postpartum.



# Support for mothers:

## NHS

In the first instance, your first point of contact should be your GP or your health visitor.

Talk to them if:

- You are concerned about your mood
- You are worried about your thinking
- You are worried about your physical health
- You are having thoughts about wishing you weren't here, or harm to yourself, your baby or others around you.
- You feel like you are isolating yourself, avoiding things or not engaging in life how you would like to.
- Having flashbacks (strong thoughts, images, sensations) to your birthing experience/ antenatal/ postnatal experiences

Your GP should assess your mental health and refer you to the relevant mental health support on the NHS, this may be general counselling, CBT (cognitive behavioural therapy), or in some cases EMDR (Eye movement desensitisation reprocessing- a trauma therapy). You may be referred to a CBT wellbeing service, or your perinatal mental health team. If your child is under one year old you should be fast tracked for support. Your perinatal mental health team will only see you until your child is one.

Most hospitals offer a birth reflections if you think it would be helpful to go through your notes and learn more about what happened during your experience of birth, you can access this through your labour ward directly, or through your GP or health visitor.

If you have any complaints about what happened during your birthing experience you can contact PALS [PALS \(advice, compliments and concerns\) | NHFT](#)

Risk - If you are concerned about risk to yourself or your baby, contact 111, 999, attend your GP or go to A&E depending on the severity.

You can also call Samaritans on 116 123.



## Charities:

**Bliss** supports families who have been in neonatal care, born either premature or sick. They offer emotional support, via email at: [hello@bliss.org.uk](mailto:hello@bliss.org.uk).

**PANDAS** offer support for parents with PND and PTSD.  
[Resources – PANDAS Foundation UK](#)

**The Motherhood Group** supports Black mothers through the experience of motherhood through events, workshops, peer support and advocacy. They also have a counselling service: [www.themotherhoodgroup.com/counselling](http://www.themotherhoodgroup.com/counselling)  
Instagram | [@themotherhoodgroup](#)

**Tommys** supports parents, they focus on support after loss, but have a lot of resources and support available.

**Young minds UK** supports both parents and young people with their mental health.  
Instagram | [@youngmindsuk](#)

**Anxiety UK** have a [helpline](#) where you can get support with how you are feeling.  
Instagram | [@anxietyukofficial](#)

**Gingerbread** provides information and support for single parents.

**Twins Trust** supports for families with twins, triplets and more.

**The Lullaby Trust** provides information and support on safer sleep for babies.

**Little Lullaby** supports young parents around safer sleep advice, mental health and more.

**Sands** supports for those affected by the death of a baby before or shortly after birth.  
[Support for you | Sands - Saving babies' lives. Supporting bereaved families.](#)

**Dad Matters** offer lots of support for Fathers through events, workshops and walks  
Instagram | [@dadmattersuk](#)

**Perinatal Mental Health Partnership** on Instagram | [@perinatalmhpartnership](#)

**LGBT Mummies** offer support, education and advocate for LGBT+ women.

**SCOPE** provides support for parents who live with a disability



# Private Support

## **Miracle Moon**

Dr Frankie Harrison is a clinical psychologist who lives in Market Harborough, she offers support for parents who have experienced birth trauma, which includes any difficulties during pregnancy, birth and postnatal. She has a passion for supporting those who have been through neonatal care, especially and has an active page on Instagram | [@miraclemoonuk](#)

You can find more about her services, including free resources individual therapy, group therapy and courses here: [www.miraclemoon.co.uk](http://www.miraclemoon.co.uk)

## **Other private support:**

[Birth Trauma Resolution](#)

[Birth Trauma Association](#)

[Birth Better: Make Birth Better](#)

[Kara](#), who specialises in baby loss and runs free monthly support groups in Sussex.

[Perinatal Psychology Practice](#)

[Caroline Boyd](#)

[Baby In Mind](#)

[Psychology Oxfordshire](#)

[Dr Aurora Falcone](#)

[Better Beginnings](#)