Ashford and St. Peter's Hospitals
NHS Foundation Trust

Psychological Support on Discharge from NICU

It is normal to have mixed feelings about going home. You may feel excited to bring your baby home. You may also feel worried about caring for them without the support of the unit. Both feelings are very common.

When you get home, you may find yourself thinking about your time on the ward and everything that happened. This is a common experience, and these feelings often settle with time. If they don't, please remember that support is available and you can reach out to us.

Things to look out for:

- Sudden, constant or big changes in your mood.
- Thoughts or images about harming yourself or harm coming to your baby
- Feeling overwhelmed by guilt, shame or hopelessness
- Struggling to bond with your baby or feeling detached from them
- Finding it impossible to relax or sleep, even when your baby is sleeping
- Thinking that you are not a good parent or that your baby is better off without you.
- Seeing or hearing things that others don't
- Frequent worry about food or fear about your body image
- Flashbacks
- Avoiding going out due to anxiety

Where can I go for more support?

- **Speak to your health visitor, midwife or GP** - there are a range of services that you can access.
- **Birth reflections** - You can contact this service yourself to talk about your birth experience: asp-tr.birthreflections@nhs.net
- **Mind matters** - Offers talking therapies either online or in the community and accept self referrals. https://www.mindmattersnhs.co.uk
- **Specialist community perinatal mental health team** - you will need a referral from your GP / health visitor
- **PAIRS - parent and infant relationship service** - you will also need a referral from a professional for this service such as your GP, Health visitor or nurse.
- **AFLOAT - specialist birth trauma service** - you will also need a referral from a professional such as your GP/ health visitor or nurse.

The psychotherapist on the unit can offer a telephone consultation after you go home. You can ask a member of NCOT about this, or you can contact her directly by emailing: Louise.odwyer2@nhs.net

There are also voluntary organisations that offer support in the community. The psychotherapist may be able to suggest some of these services to you.

You can also share your feedback with our Maternity and Neonatal Voices Partnership (MNVP) via email asphmvp@gmail.com

What About Dads?

Dads can access Mind Matters - see above, but there is also Dad's Matter and other voluntary organisations that can offer support:
https://www.home-start.org.uk/dads-nicu

If you do not feel you can keep yourself safe, please to go to A&E, call 999 or you can call the surrey and borders mental health crisis line on: 0800 915 4644

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553