

Forget-Me-Not Service

Frimley Maternal Mental Health

What is Forget-Me-Not?

Forget-Me-Not is a psychological therapy service for individuals who have experienced:

- a miscarriage or loss of a baby **before 24 weeks** pregnant
- termination for medical reasons
- current fertility difficulties
- within the last 2 years

We offer support to women and birthing people who are struggling with their mental health as a result of the loss experienced. These difficulties will be impacting on day-to-day life (e.g. work, relationships, sleep) and may include grief, depression, anxiety.

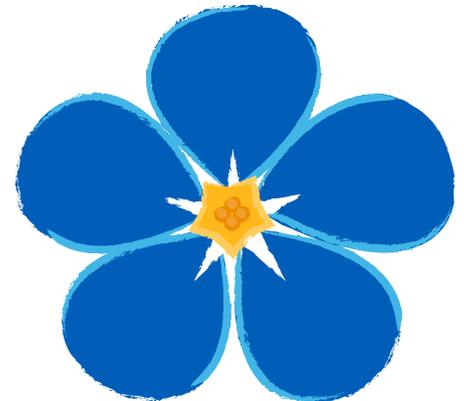
Individuals can often feel isolated and misunderstood in their grief, our service offers an open and supportive space. We are passionate about, and dedicated to, supporting women and those closest to them, through this difficult time in their lives.

Our team

We are a small team of healthcare professionals including psychological therapists, an assistant psychologist and an administrator. The service is available to women or birthing people who are registered with a GP in East Berkshire, Surrey Heath and North-East Hampshire & Farnham, including individuals living outside of these areas.

Unfortunately, we are not able to provide crisis support. If you require urgent or immediate help, please contact your GP or the following services.

- | | |
|---|---------------------------------|
| • Immediate risk to self/others (emergency) | 999 |
| • Urgent need for medical help or advice (not life threatening) | 111 |
| • East Berkshire Crisis Team | 0800 129 9999 (option 2) |
| • Surrey, North-East Hampshire & Farnham Crisis Team | 0800 915 4644 |
| • Samaritans | 0800 116 123 |



Miscarriage Definition

A miscarriage is the loss of a pregnancy during the **first 24 weeks**. This includes chemical, molar and ectopic pregnancy.



What happens after referral?

Once we have received your referral, we will contact you to discuss support options.

What we offer as a service

We aim to build an understanding of individual experiences and current difficulties by working together and thinking about steps forward. The length and number of sessions required will be assessed on an individual basis.

Support may include:

- A safe space to share experiences;
- Information about how the brain and body responds to trauma, loss and grief;
- Managing emotional and mental health difficulties;
- Managing relationships;
- Developing coping strategies.

We work closely with other healthcare professionals (e.g. specialist bereavement midwives or the perinatal mental health team) to support you during this difficult time.

What about my partner?

Your partner is welcome to join you for your sessions, if that is something you both want. Our team can also provide short-term partner support.

Where will I be seen?

We offer the choice of **online** or **face-to-face appointments** in one of the following locations: **Slough, Camberley or Farnham**. These clinics are provided away from hospital environments, schools, or children centres, where possible. The service does not include home visits.

Appointments take place **Monday to Wednesday, from 9am to 5pm**.

How can I be referred?

If you feel that you would benefit from a referral to our service, please speak to your GP, early pregnancy unit, midwife or other healthcare professional.

Visit our website for more information:

MMHSFrimley@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/forget-me-not-service/

