

What type of support is offered?

By Your Side is made up of psychologists, psychological therapists and specialist midwives with a joint aim to improve mental health and wellbeing for those who have suffered a perinatal loss. We offer support through time limited evidence-based psychological therapy including:

- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Prolonged Grief Therapy
- Compassionate Focused Therapy (CFT).

If our service isn't the right fit for you, we will also provide advice and signpost you to other appropriate services. We will liaise with other professionals who are providing care to you and offer them advice.

Confidentiality

Details of your session will be put on your medical record. We will only pass on details outside the team when you give permission, or if we think you are at risk of harm and we need to protect you or others.

By Your Side is not an emergency service. If you are in crisis or require immediate care please contact NHS 111 and select the option for mental health crisis, call 999, or go to your local A&E.

Contact us

For referral to By Your Side, please speak to your GP, maternity team, health visitor or any health professional involved in your care. If you live in Essex, ask your health professional to contact: epunft.byyourside-maternalmentalhealth@nhs.net

For more information you can also visit our website at: eput.nhs.uk/our-services/by-your-side or scan the QR code.



Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



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BY YOUR SIDE



ESSEX MATERNAL MENTAL HEALTH SERVICE

We are very sorry to know that you may be reading this because you have experienced a perinatal loss. We want you to know that you are not alone in this - our team is here to help you through this grief journey. The loss of a baby is a devastating experience. It can bring a range of thoughts, feelings and responses which can feel confusing and isolating. Grief is a human experience and is felt in response to a loss. Sometimes this grief can intensify emotional distress and things become unmanageable, affecting our relationships, work and social activity.

By Your Side is an Essex-based specialist therapeutic service for mothers and birthing parents who are experiencing intense and persistent emotional distress after suffering a perinatal loss. The service operates from **9am to 5pm**.

How will I know if the service is right for me?

By Your Side might be appropriate if experiences related to your perinatal journey are having a negative impact on your mental health or your relationships with others. We work with people who are experiencing moderate to severe mental health difficulties as a result of any of the following: pregnancy loss (including miscarriage, recurrent/multiple miscarriages, stillbirth, termination and neonatal death) up to one year after the loss.

We do recommend referrals are made at least four weeks after the loss to allow your body and mind time to recover, allowing us to offer support and be by your side at the right stage in your journey.

How can I access this service?

A health or social care professional who is currently working with you can make a referral to us on your behalf. This could be your GP, midwife, health visitor or a mental health practitioner. We are not able to accept self-referrals at this time. If you are unsure whether your current mental health difficulties meet the threshold for our service, please discuss this with your health care professional. They can help decide whether a referral to our service would be appropriate.

What happens after the referral?

We may need to get in contact with you or the person who made the referral to get more information. If we think By Your Side is the appropriate service for you, we will contact you to arrange an assessment. If we feel another service might be more appropriate for you, we can make any onward referrals on your behalf as needed.

How long will I have to wait to be seen?

Referrals are screened on a weekly basis and we will get in touch with you directly to

let you know the outcome of your referral.

Where will I be seen?

We understand this is a difficult time and therefore we will adapt to your needs, and what is best for your therapeutic care. Our service model operates on a virtual or home visit model, and can offer therapeutic interventions via a video call. However, we also have access to clinic space across Essex and would be happy to accommodate to each individual's therapeutic need.

What will happen at my first appointment?

The initial appointment can last up to 90 minutes, and will be a discussion to assess your needs and how we can best support you.

During the assessment, we will aim to find out more about:

- The difficulties you are experiencing linked to your loss
- What is important to you
- Any hopes or goals you may wish to work towards
- How we can best support you.

This session will be at a pace that suits you. You won't be expected to talk about things unless you're comfortable doing so. At the end of the assessment, we will discuss support and therapy options available. Please bring a family member or friend with you if it would be helpful.