

Milton Keynes Maternity Trauma and Loss Care Service (MK-MTLC)

Are you experiencing psychological distress as a result of a severe fear of childbirth, birth trauma or baby loss? Our inclusive and compassionate team of psychological practitioners and midwives are dedicated to helping alleviate suffering and distress by offering specialised assessment and treatment. We will also provide advice and signpost you and your support network to other services within the local area.

You can access the service if you

- Are 18+-years-old
- Are registered with a GP in the MK-MTLC catchment area

And

- Are currently pregnant and receiving maternity care at Milton Keynes University Hospital, or have given birth in the past 18 months and are affected by:
 - a. A traumatic birth where your level of distress is impacting significantly on your quality of life and/or relationship with your baby
 - b. Baby loss during pregnancy or within the first year of life
- Have a severe fear of childbirth, Tokophobia (with or without previous experience of pregnancy)
- Have experienced maternity trauma in your life which negatively impacts on your current pregnancy or experience of parenting during the first year.



What does the service offer?

We offer training and support to partnership professionals
Offered support can include:

- Individual Talking Therapies from a trauma informed therapeutic approach such as Narrative Therapy, Compassion Focused therapy, EMDR and other eclectic interventions
- Group Therapies
- Specialist Midwifery support including detailed birth planning, birth reflections and emotional support

How do I access the service?

Referrals are accepted from health and social care professionals through the Milton Keynes Single Point of Access system. The MK-MTLC service will contact you within 14 days and complete an initial triage.

What happens next?

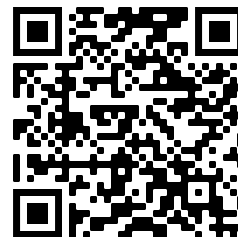
All referrals are reviewed by a MK-MTLC clinician and if this service is suitable to provide you support, we will follow a care pathway to meet your needs. If your referral is appropriate for MK-MTLC, during the first appointment together, we will explore the challenges you are currently facing to identify what support would be most helpful. If a more appropriate alternative service is available to support you, we will contact you to discuss this further.

Interpreting and translation

Please let us know if you would like an interpreter to be at your appointments or for written information to be translated.

How do I contact the service?

CNWL Milton Keynes
Hospital Campus
Standing Way
Eaglestone, MK6 5NG
Tel: 01908 724 362



Scan the QR code to visit our new dedicated
Milton Keynes Maternity, Trauma and Loss
webpage
