



West Yorkshire  
Health and Care Partnership



**NHS**

# Caring for myself after an upsetting birth



## Paths

Support for birth  
trauma or baby loss

# What birth trauma might be like



You might feel upset when you think about the birth or care.

It's normal to feel this way but it can feel bad.



Your mind is just getting used to everything.



You can talk about what is upsetting you or worrying you with family and friends, your midwife or health visitor.

It can help you understand what happened to you.



If you find that your feelings about the birth are still upsetting let your doctor or midwife know.

You can get help from a special service that can help with feelings.



For most people these feelings will get easier over time and you will feel better.

# It is not just birth that can be upsetting. Other care can make you upset too.

Including things like:



Pain you felt.



Having medicine.



Doctors using special tools to help you.



Having an operation.



Not being listened to



Not understanding what happened



Feeling that bad things happened while you were in hospital

# Trauma



When something bad happens, it can effect how we feel and think.

This is called trauma.

Trauma can happen to anyone

## Some things you might think or feel:



Memories of the event that keep coming back, even when you don't want them to.



Having scary dreams about it.



Not wanting to talk about it.



Giving up on the things you used to enjoy.



Not wanting to see other people.



Feeling sad.



Feeling angry.



Feeling bad about yourself.



Feeling scared.



Can't sleep.



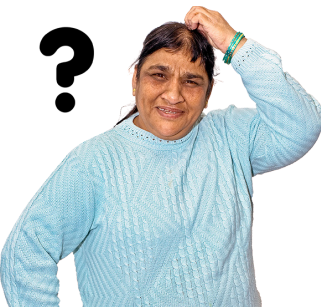
Finding it hard to listen to people.



Crying a lot.



Not feeling anything.



Feeling confused.



Remember, everyone is different, and not everyone will feel the same.

Be kind to yourself. It is not your fault. It can happen to lots of people.



You don't have to go through it alone. Speak to your doctor, nurse or midwife about where to get help.

# How can I cope?



Say yes to help from others.

It might make you feel less upset and happier about what happened.

Take time to let your body feel better and heal.



Rest.



Eat healthy food.



Drink 8 glasses of water a day.



Go for walks if you can.



Draw or write down how you feel.

# How will it help me feel better?

You might:



Start to feel less sad, upset or angry.



Feel more like you did before.



Be able to start doing things you did before.

# Getting help

## NHS Talking Therapies



Talking therapies can help if you feel sad, worried, or scared after having a baby.



You can talk to your doctor to get this help, or you can ask for it yourself.



If you are pregnant or have a baby, you might get help faster.

## Paths – support for birth trauma



**Paths**  
Support for birth  
trauma or baby loss

Paths can talk with you and offer help if you feel very upset after having a baby, and the feelings don't go away after 3 months.



You can go to a safe place or talk to Paths online.



They have translators if you need them.



Their special midwives and therapists can help you understand your feelings.



Ask your doctor or nurse to help you get this service.



Read more about Paths on their website:

[www.southwestyorkshire.nhs.uk/services/paths/](http://www.southwestyorkshire.nhs.uk/services/paths/)

## GP



Tablets are not always the best for feeling very upset, but it can help some people along with other support, especially if you feel very sad.



Talk to your doctor to learn more.

## Urgent help



If you need help now because you have thoughts of hurting yourself or anyone else please go to A&E or call 999.



You will get the support you need quickly.



**For mental health advice call the  
number in your area:**

**Calderdale:**

0800 183 0558

**Kirklees:**

0800 183 0558

**Wakefield:**

0800 183 0558

**Leeds:**

0800 183 1485

**Bradford:**

0800 952 1181

## Other useful telephone numbers and websites:



**Samaritans:**  
116 123



**NHS:**  
111



<https://suicidepreventionwestyorkshire.co.uk/>



[www.nhs.uk/nhs-services/mental-health-services/](http://www.nhs.uk/nhs-services/mental-health-services/)

# Notes



You can use this page to write down anything you don't want to forget.

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If you would like to see this booklet in any other language please email or call Paths on:

[westyorkshirepaths@swyt.nhs.uk](mailto:westyorkshirepaths@swyt.nhs.uk)

07387 014024

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق أو لغة أخرى، فيرجى الاتصال بـ Trust (Arabic).

اگر شما به یک نسخه از این اطلاعات در هر قالب (فرمت) یا زبان دیگری نیاز دارید، لطفاً با بنیاد (Trust) تماس بگیرید. (Farsi)

Ha a jelen információk másolatát más formátumban vagy nyelven szeretné megkapni, akkor kérjük, hogy lépjen kapcsolatba a tröszttel. (Hungarian)

ئەگەر پوونوووسی ئەم زانیاریانەت بە هەر زمان یان فۆرماتیکی دیکە پێویستە تکایە لەگەڵ ئیمە پێۆهندی بگرە. (Kurdish Sorani)

Jeśli potrzebują Państwo uzyskać kopię niniejszej informacji w innym formacie lub języku, prosimy o kontakt z Funduszem Zdrowia. (Polish)

Se necessitar de uma cópia destas informações em qualquer outro formato ou idioma, entre em contato com a Fundação. (Portuguese)

جے تہانوں ایس جانکاری دی اک کاپی دی کسے ہور فارمیٹ یا بولی وچ لوڑاے تے مہربانی کر کے ٹرسٹ نال رابطہ کرو۔ (Punjabi Pakistani)

Dacă aveți nevoie de o copie a acestor informații în orice alt format sau limbă, vă rugăm să contactați Trustul nostru. (Romanian)

اگر آپ کو اس معلومات کی ایک کاپی کی کسی دوسرے فارمیٹ یا زبان میں ضرورت ہو تو براہ مہربانی ٹرسٹ سے رابطہ کریں۔ (Urdu)