



# MY MATERNITY JOURNEY IN SOUTH WEST LONDON

What to expect from your maternity care and helping you decide where to receive it

Having a baby is a huge moment in a woman's life. Your local NHS services would like to make sure you receive the maternity care you want, in the place you want, whenever possible.

This booklet summarises the main options available to you in South West London and will help you decide your preferences.

Your midwife will discuss your medical history and any previous births with you, as this may affect what is recommended for you.

The NHS organisations in South West London are working together to support you and your family and make sure you are able to make a decision which is right for you. These are listed on the back page.



## Before your baby is born (antenatal)

Every woman is entitled to antenatal care. You will be offered a range of appointments and tests (see pages 12 and 13). If you have a complicated pregnancy, you may need more appointments or tests than are shown on these pages, as advised by your health care professionals.

You may find it helpful to **tick these boxes** as you go through your pregnancy to show the care you have received.

- Seven to ten appointments with your midwife, GP or obstetrician (a doctor who specialises in pregnancy and birth).
- Blood tests to identify your blood group and screen for various illnesses or genetic blood disorders. These include HIV, syphilis, hepatitis B, anaemia (low iron), sickle cell and thalassaemia.
- Ultrasound scan (when you are 11 to 14 weeks pregnant) to confirm your expected due date. This scan can be combined with blood tests to screen for genetic conditions including Down's syndrome, Edwards' syndrome and Patau syndrome.
- Ultrasound scan (18 to 20 weeks) to check for baby's growth and development.
- The opportunity to meet your health visitor before you have your baby.
- Whooping cough vaccine (Pertussis). This is usually given from 16 weeks.
- Flu vaccination. This is given during the flu season, as soon as possible after the vaccine becomes available (usually September), but may be given up until the end of March depending on availability.
- Parent education – Antenatal classes are offered to parents with information that will help prepare you for birth and parenthood.
- Information on feeding your baby.
- Breastfeeding Education, usually a workshop.

## Ways of maintaining health and well being in pregnancy include:

- Eating a healthy, balanced diet.
- Visit [www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant](http://www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant) for a guide on foods to avoid during pregnancy.
- When you're pregnant it is advised that you take folic acid for the first 12 weeks and a vitamin D supplement daily. Speak to your GP, Pharmacist or Midwife for further advice.
- Taking time out for yourself – doing something you enjoy.
- Talking to someone about how you are feeling.
- Gentle, daily exercises.
- Asking for practical help such as with childcare or shopping.
- Meeting other pregnant women at local groups/activities; ask your midwife or Children's Centre what's on locally.
- Medical experts recommend that if you're pregnant or planning to become pregnant, the safest approach is not to drink alcohol at all. Drinking in pregnancy can lead to long-term harm to your baby.
- The risks of smoking during pregnancy are serious. Stopping smoking is the best possible thing you can do for your baby. Speak to your GP, pharmacist or midwife for advice.
- Don't feel guilty if you feel low when you are expected to be happy; be kind to yourself – many women experience these feelings. If you are worried about your feelings, speak to your midwife or GP for advice as they can tell you about local services that can help you.
- If you feel you would like some support to maintain a healthy weight during your pregnancy speak to your midwife or GP for advice.

## Labour

- This leaflet will help you decide where you would like to give birth to your baby. One or more options may be recommended to you but you may wish to choose a different option – it is your pregnancy and your choice.

## My birthplace choices

**1 Home birth** is recommended for women who are expected to have a straightforward pregnancy with no complications.

**2 Birth Centre (Midwifery led unit)** is recommended for women who are expected to have a straightforward pregnancy with no complications.

**3 Birth in a delivery suite** is recommended for women with certain health conditions or risks with their babies.

You may wish to change your mind about your choice of birthplace if your circumstances change. If you develop complications, you may need to consider changing where you have your baby.

Wherever you choose to give birth in South West London, you will have access to the right expertise from our highly skilled and experienced staff in appropriate modern facilities. We want to ensure you receive the best quality, safe care during your pregnancy and birth.

## Core services

- Antenatal care in the community
- Antenatal ward
- Birthing pools
- Birth rooms
- Consultant care
- Home birth option
- Midwife-led care
- Neonatal care
- Option for partner to stay overnight
- Postnatal care in the community
- Postnatal ward
- Private room hire
- Breastfeeding support
- Special Care Baby Units and Intensive Care Units for babies requiring continuous medical and nursing care due to prematurity or complex needs.



## Home birth

Home births are suitable for women who have an uncomplicated pregnancy and want to give birth in familiar surroundings with support from midwives.

The 2011 'Birth Place in England Study' focused in particular on birth outcomes in healthy women with straightforward pregnancies who are at 'low risk' of complications. Research showed:

- For second and subsequent babies, planned home births are just as safe as hospital births for the baby. They are also safer for the mother, because her chances of needing a caesarean section or other medical intervention are lower.
- Latest evidence has shown that home birth is as safe as hospital/birth centre births for women who have an uncomplicated pregnancy.

If there is a problem during labour, you will be offered a transfer to hospital, accompanied by your midwife. Just under half of all first-time mothers transfer from a

home birth to hospital during or after labour. However, only around one in ten women require a transfer who have given birth before.

Speak to your midwife if you are considering a home birth.

**You can also find out more about home birth at [www.nhs.uk](http://www.nhs.uk)**

### Reasons to consider

- You want to increase the likelihood of having a straightforward birth and avoid medical interventions.
- You can enjoy your own surroundings and comforts – your own bed and bathroom for instance – to help you relax and be as comfortable as possible.
- You are more likely to be cared for during labour by a midwife that you know.



## Birth centre (Midwifery Led unit)

Birth centres are staffed by midwives and are particularly suitable for all women with straightforward pregnancies. The emphasis at any birth centre is on creating a calm 'home-from-home' environment, which helps labour to progress better. Birth pools are available and encouraged.

Birth Centres are located at a hospital which also has a delivery suite. Hospitals in South West London offering this service:

- Croydon Hospital
- Epsom Hospital
- Kingston Hospital
- St George's Hospital
- St Helier Hospital

In the 2011 'Birth Place in England Study', research showed:

- For first time mothers 40% may need to transfer to a delivery suite.
- If you are having a straightforward pregnancy, birth centres are just as safe for babies as delivery suites, with a lower chance of medical interventions for the mother, for example: women who start their labour in the birth centre are 50% less likely to have a caesarean birth – this applies even if the mother moves from the birth centre to a delivery suite during labour.

If a problem occurs during labour, the mother will be offered a move to the delivery suite, accompanied by her midwife.

### Available support in labour:

- Birth pool
- Gas and air
- TENS machine – can be hired (pain relief involving the use of a mild electrical current)
- Pethidine or similar pain relief

**Find out more about birth centres at [www.nhs.uk](http://www.nhs.uk)**

### Reasons to consider

- You want to give birth in a homely environment.
- You want to be able to have a water birth.
- Smaller units with additional support from midwives.
- Partners are involved whichever birth setting the woman chooses.
- You want to increase the likelihood of a straightforward birth and avoid medical intervention.



## Delivery Suite (Labour Ward)

Women who have any complicating factors which might reduce the chances of a straightforward labour will be recommended to have their baby in a delivery suite, where doctors working alongside midwives (are available to help). This will be discussed throughout your pregnancy.

You will have your own room to give birth in. Delivery suites are found in:

- Croydon Hospital
- Epsom Hospital
- Kingston Hospital
- St George's Hospital
- St Helier Hospital

### Available support in labour:

- Birth pool
- Gas and air
- TENS machine – can be hired (pain relief involving the use of a mild electrical current)
- Pethidine or similar pain relief
- Epidural (pain relief injection in the back)

**Find out more about giving birth in hospital at [www.nhs.uk](http://www.nhs.uk)**

Some birth centres or delivery suites may offer complementary therapies to support you in labour. You will need to make enquiries at your chosen facility as to what is on offer and whether there is an additional charge.

### Reasons to consider

- You have complicating factors which mean that the birth is less likely to be straightforward.
- You may need a Caesarean section.
- You want an epidural.
- Your baby may need special care immediately after birth.

## After the baby is born (postnatal care)

After your baby is born, you and your baby should be offered the following care:

- Feeding support – this may be by midwives, maternity support workers or health visitors.
- Vitamin K by injection or oral supplement for your baby.
- Newborn examination within the first 72 hours after birth.
- Newborn hearing screening.
- BCG vaccination.
- Baby's blood spot screening – a small sample of blood usually taken by your community midwife or maternity support worker to check for some possible genetic problems (around day five).
- Postnatal care – carried out by your community midwife. This may be in your home, children centre or in a clinic setting according to your needs. Your GP and Health Visitor will provide ongoing care.



Spending as much time skin-to-skin with your baby after birth may help you and your baby to develop a close relationship.

### Breastfeeding

Your colostrum and milk are perfectly designed for your baby and provide immunoglobulins to stimulate your baby's digestive system with protective properties to guard against infections and diseases. There is a lot of evidence that breastfeeding protects your baby throughout their life from many illnesses. Breastfeeding also enhances a close and loving relationship between you and your baby. The World Health Organisation (WHO) and UNICEF recommends exclusive breastfeeding for six months. Talk to your midwife or Health Visitor about breastfeeding support in the community. Further information on breastfeeding support is on page 20 of the booklet.

## Co-sleeping

It is essential to keep your baby safe when they are asleep. There are some risks to consider when deciding how to put your baby to sleep.

The cause of sudden infant death syndrome (SIDS) is not known, and it is possible there are many contributing factors. Evidence was reviewed relating to co-sleeping (when a parent or carer sleeps on a bed or sofa or chair with an infant) in the first year of an infant's life, which showed there may be an increase in the number of cases of SIDS where co-sleeping occurs. However, the evidence does not allow us to say that co-sleeping causes SIDS.

It is recognised that co-sleeping can be intentional or unintentional. Here are some recommendations to consider:

- There is an association between co-sleeping and SIDS, which is greater when a parent/carer or their partner smokes. Do not sleep with your baby if you or your partner are smokers.
- The association between co-sleeping and SIDS may be greater if the parent/carer has recently consumed alcohol or used drugs that may cause drowsiness (legal or illegal).

- The association between co-sleeping and SIDS may be greater with low birthweight or premature infants. It is not safe to co-sleep in the early months with very small babies.
- Babies should be placed on their back to sleep
- keep babies away from soft toys – further information is available on the Lullaby Trust website.
- Make sure baby cannot fall out of bed or become trapped between the mattress and the wall
- Keep bedclothes away from baby's face and head
- Do not leave baby alone in a bed, as even very young babies can wriggle into a dangerous position.

For more information, please refer to:

- [www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/](http://www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/)
- [www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/](http://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/)

# My maternity journey

a handy guide showing the care you will be offered along your maternity journey



As soon as you know you are pregnant, see your GP or self-refer (online) to the hospital of your choice. You should receive your booking appointment before ten weeks.

Consider where you want to have your baby:

- Birth Centre (Midwifery Led Unit)
- Delivery Suite (Labour Ward)
- Home birth

Ask your midwife or GP for a maternity exemption certificate to benefit from free prescriptions and NHS dental treatment.

Ask your midwife about Healthy Start. All eligible mothers should apply for this free benefit. [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Routine blood tests.

An ultrasound scan and blood test is offered (around 12 weeks) to screen for chromosomal abnormalities and to confirm your due date.

Screening for HIV, syphilis, hepatitis B, sickle cell anaemia, thalassaemia syndromes.

There are foods you should avoid when you are pregnant – visit [www.nhs.uk](http://www.nhs.uk) for the latest guidance.

Always check with your GP, pharmacist or midwife before you take any medicines.

Visit [www.Start4life](http://www.Start4life) for tips on keeping yourself well during pregnancy.

Ask your midwife for a MAT B1 certificate (after 20 weeks). This confirms your pregnancy for your employer.

Book your antenatal classes – your midwife will give you details.

If you're out of work or on a low income visit [www.gov.uk](http://www.gov.uk) to see what benefits you are entitled to.

Routine blood tests.

Ultra-sound scan (around 20 weeks) to check your baby's growth.

You will be offered:

- Whooping cough vaccination
- Seasonal flu vaccination
- Oral glucose tolerance test for women at risk of gestational diabetes

Prepare your hospital bag  
Prepare your birth plan – you'll get the information you need from your antenatal classes or midwife.

Check out what you'll need for feeding your baby and prepare yourself now.

Routine blood tests.

You will be offered anti D treatment if you are rhesus negative.

Shortly after your baby is born, you'll be given a personal child health record (PCHR). This usually has a red cover and is known as the "red book". Some Trusts use an electronic version of this book which you will have access to.

Vitamin K (see page 10).

Physical examination (within 72 hours).

BCG vaccination.

You will be seen at home by your midwife after which, a Health Visitor will visit you at home to help you, your family and your new baby stay healthy.

Register the birth within 42 days – visit [www.gov.uk](http://www.gov.uk) for details.

Newborn hearing screen. Newborn blood spot, which tests your baby's blood for nine rare, but serious, health conditions.

Your care will be handed over to your Health Visitor and GP.

If you were due for a cervical screening test while pregnant, this should be rescheduled for at least 12 weeks after the birth.

for more information on screening tests for you and your baby and common health problems during pregnancy, visit [www.nhs.uk](http://www.nhs.uk)

**KEY:**

- General
- Looking after yourself
- Scans, screening and tests for your baby

Please use this page to note down anything you would like to discuss with your midwife.

**What is important to me during my pregnancy?**

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**What is important to me after my baby is born?**

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**What is important to me for my baby's birth?**

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**Do you have any other questions for your midwife?**

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## Croydon Health Services NHS Trust

Croydon University Hospital, 530 London Road, Croydon CR7 7YE  
**Tel. 020 8401 3000** [www.croydonhealthservices.nhs.uk/maternity](http://www.croydonhealthservices.nhs.uk/maternity)

### Booking details:

Your GP can refer you for maternity care with us. You can also self-refer by completing a referral form on our website or call Antenatal Booking Centre on 020 8401 3000 ext 4202.

### Car parking at Croydon Hospital

Car parking is free for people with a valid blue badge. There are drop off zones near the main entrance, maternity, Woodcroft Road entrance and day surgery. There are two free 30-minute parking bays behind the

Day Assessment Unit. Special permits are available for birth partners of women in labour.

### Useful telephone contacts

**Antenatal clinic** 020 8401 3000 ext. 4202

**Home birth team** 020 8401 3000 ext. 4420

**Birth Centre** 020 8401 3169

**Labour ward** 020 8401 3179

**Community midwives** 020 8401 3171

**Neonatal** 020 8401 3191

## Epsom & St Helier University Hospitals NHS Trust

St Helier Hospital, Wrythe Lane  
Carshalton, Surrey SM5 1AA  
**Tel. 020 8296 2542** (for appointments)  
**Tel. 020 8296 2872** (antenatal clinic midwife)

**Tel. 0300 1235473** 24 Hour Pregnancy Advice Line (Epsom & St Helier sites)  
[www.epsom-sthelier.nhs.uk/maternity-services](http://www.epsom-sthelier.nhs.uk/maternity-services)

Epsom Hospital, Dorking Road, Epsom  
Surrey KT18 7EG  
**Tel. 01372 735367** (for appointments)  
**Tel. 01372 735735 Ext 6566**  
(antenatal clinic midwife)

### Useful telephone contacts

**Birth Centre** 020 8296 2050 (St Helier)  
01372 735996 (Epsom)

**Neonatal Unit** 020 8296 2885 (St Helier)

**Special Care Baby Unit** 01372 735279  
(Epsom)

**Maternity Assessment Unit** 01372  
735264 (Epsom) 020 8296 3124 (St Helier)

**Antenatal Ward** 01372 735206 (Epsom)  
020 8296 2988 (St Helier)

**Delivery Suite** 01372 735208/5247  
(Epsom) 020 8296 2479 (St Helier)

### Booking details:

#### Referral/ self-referral

Your GP can refer you for maternity care with us. You can also self-refer by completing a referral form on our website

#### Car parking at Epsom and

#### St Helier Hospitals

The hospitals have dedicated patient and visitor parking and parking fees apply. Concession parking is also available for those meeting the criteria. Parking bays are available for blue badge holders.

## Kingston Hospital NHS Foundation Trust

Kingston Hospital  
Galsworthy Road  
Kingston upon Thames  
Surrey KT2 7QB  
**Tel. 020 8546 7711**

### Useful telephone contacts

**Antenatal Appointments** 02089342290

**Day Assessment Unit** 02089342358

**24 hour maternity triage** 02089342802

[www.kingstonmaternity.org.uk](http://www.kingstonmaternity.org.uk)

### Booking details:

#### Referral/ self-referral

Your GP can refer you for maternity care with us. You can also self-refer by completing a referral form on our website or for enquires email us at [khft.maternity@nhs.net](mailto:khft.maternity@nhs.net) or contact the maternity admin 0208 934 2290.

### Car parking at Kingston Hospital

At busy times, there may be queues for spaces. The hospital has pay and display car parks on site for patients and visitors. The charging period for the car park is from 8:00am to 8:00pm, seven days a week. Blue badge holders can park in any visitor car parking space except staff parking areas. Norbiton train station is located next to the hospital and several bus routes pass the hospital site.

## St George's University Hospitals NHS Foundation Trust

St George's Hospital  
Blackshaw Road  
Tooting  
London SW17 0QT  
**Tel. 0208 725 1710**

### Useful telephone contacts

**Carmen Birth Centre** 0208 725 2039

**Delivery Suite** 0208 767 4654

**Rainbow Home Birth Team** 0208 725 2537

**Antenatal booking office** 0208 725 1914/5

[www.stgeorges.nhs.uk/service/maternity-services/](http://www.stgeorges.nhs.uk/service/maternity-services/)

### Booking details:

#### Referral/ self-referral

Your GP can refer you for maternity care with us. You can also self-refer by completing a referral form on our website or contact booking office for information and advice.

### Car parking at St George's Hospital

Car parking is pay upon exit. Parking is free between 10:00 p.m. and 06:00 a.m. Free disabled parking is available.

	Croydon University Hospital	Kingston Hospital	Epsom & St. Helier University Hospital	St George's University Hospital
<b>Place of birth</b>				
Midwifery Led Care/ Birth Centre	✓	✓	✓	✓
Dedicated Home Birth service	✓	✓	✓	✓
Obstetric Led Care/ Delivery Suite	✓	✓	✓	✓
<b>Specialist Services</b>				
Neonatal intensive care unit	Neonatal Unit	Neonatal Unit	Neonatal Unit	Intensive Care Neonatal
Fetal medicine service offering Non-Invasive Prenatal Testing (NIPT)	✓	✓	✓	✓
Fetal medicine service	✓	✓	✓	✓
High risk labour ward	✓	✓	✓	✓
Specialist help for women with infectious diseases including HIV	✓	✓	✓	✓
Specialist support for women with mental health issues	✓	✓	✓	✓
Specialist diabetic service	✓	✓	✓	✓
Clinic for women with a history of previous loss or early pregnancy – Early Pregnancy Unit	✓	✓	✓	✓
Support for women who have had Female Genital Mutilation (FGM)	✓	✓	✓	✓
Support for women who have had caesarean section but want a natural birth	✓	✓	✓	✓
Teenage pregnancy clinic and specialist case loading support	✓	✓	✓	✓
Service/support for young parents	✓	✓	✓	✓
Specialist care for women with Body Mass Index (BMI) including healthy lifestyle planning	✓	✓	✓	✓
Support for pregnant women with heart disease	✓	✓	✓	✓
Renal and sickle cell referral centre	✓	✗	✓	✓
ECV breech clinic - attempting to turn a baby from a breech position to a head down position	✓	✓	✓ (offered but not in clinic)	✓
Aromatherapy and alternative pain relief	✓	✓	✓ (in labour)	✓ (use of water in birth centre only)
Multiple pregnancy service- Twins or Triplets	✓	✓	✓	✓
Pre-Term Surveillance clinic	✓	✓	✓	✓
Day Assessment Unit	✓	✓	✓	✓

	Croydon University Hospital	Kingston Hospital	Epsom & St. Helier University Hospital	St George's University Hospital
<b>Specialist Services</b>				
Antenatal education classes (including wellbeing classes: Birth & Beyond, yoga and infant feeding)	✓	✓ (hypnobirthing classes)	✓ (hypnobirthing classes)	✓ (and hypnobirthing at a cost)
Maternity Triage (24 hour)	✓	✓	✓	✓
24/7 anaesthetic service for epidurals	✓	✓	✓	✓
Transitional Care ward- for mothers and their babies who need enhanced care, but not within the neonatal unit	✓	✓	✓	✓
Infant feeding support service / antenatal education and colostrum harvesting	✓	✓	✓	✓
Enhanced breastfeeding support and dedicated infant feeding team	✓	✓	✓	✓
Awarded UNICEF Baby Friendly accreditation	✓	✓	Gold	✓
En-suite bathrooms	✓	✓	Some	✓ (birth centre)
Amenity rooms and some en-suite bathrooms	✓	✓	✓	✓
Birth choices clinics and consultant midwife support	✓	✓	✓	✓
Dedicated service for women with a history of pregnancy loss	✓	✓	✓	✓
Labour ward with extended Consultant hours	✓	✓	✓	✓
Dedicated Maternity Dependency Unit	Recovery available	✓	Recovery available	✓
Day Assessment Unit for monitoring pregnancy	✓	✓	✓	✓
Multi-disciplinary team supporting women with wide range of medical conditions in pregnancy	✓	✓	✓	✓
Hypertension in pregnancy clinic and specialist service for women affected by growth restriction or preeclampsia	✓	✓	✓	✓
Service to support smoking cessation, including CO monitoring and nicotine replacement	✓	✓	✓	✓
Specialist input for pregnant women with physical and sensory impairment by Occupational Therapists and Midwives	✓	✓	✗	✓
Birthing pools	✓	✓	✓	✓ (birth centre)

# Services to support your health in pregnancy

## Health improvement services

- **A guide to pregnancy** [www.nhs.uk/start4life/pregnancy](http://www.nhs.uk/start4life/pregnancy)
- **Stop Smoking Service** [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
- **Do the best for you and your baby – hints, tips and videos**  
[www.nhs.uk/start4life](http://www.nhs.uk/start4life)
- **Healthy Start** [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Parent education

Parent education may be available through your NHS Trust or private providers – please ask your midwife.

## Breastfeeding support

- **Breastfeeding help and support on NHS Choices**  
[www.nhs.uk/Conditions/pregnancy-and-baby](http://www.nhs.uk/Conditions/pregnancy-and-baby)
- **Start4Life breastfeeding support**  
[www.nhs.uk/start4life/breastfeeding](http://www.nhs.uk/start4life/breastfeeding)
- **Croydon local breast feeding support groups**  
[www.croydonhealthservices.nhs.uk/services/Breastfeeding\\_support/Local-Breastfeeding-Support-Groups.htm](http://www.croydonhealthservices.nhs.uk/services/Breastfeeding_support/Local-Breastfeeding-Support-Groups.htm)
- **Epsom and St Helier infant feeding support**  
[www.epsom-sthelier.nhs.uk/infant-feeding](http://www.epsom-sthelier.nhs.uk/infant-feeding)
- **Kingston maternity breastfeeding support**  
[www.kingstonmaternity.org.uk/you-and-your-baby/infant-feeding/breastfeeding.aspx](http://www.kingstonmaternity.org.uk/you-and-your-baby/infant-feeding/breastfeeding.aspx)
- **St George's breastfeeding support**  
[www.stgeorges.nhs.uk/service/maternity-services/](http://www.stgeorges.nhs.uk/service/maternity-services/)

Many voluntary sector organisations provide breastfeeding support. Please ask your GP, midwife or health visitor for more information about the support available in your area.

## Infant Feeding Advice

If you are planning to bottle feed with expressed breast milk or infant formula, there are lots of tips at [www.unicef.org.uk/babyfriendly/support-for-parents/](http://www.unicef.org.uk/babyfriendly/support-for-parents/) that will help keep your baby safe and healthy.



## Mental health support

Pregnancy and childbirth are big life-changing events and can bring about many emotional and psychological changes. Many women will experience positive mental health in pregnancy and following delivery. However, it is common to feel 'baby blues' in the first few days after delivery and some women may develop ongoing mental health problems, such as anxiety or depression. When you see your midwife, health visitor or GP, they will ask you questions about your mental and physical health in order to ensure you receive appropriate care and support.

### Improving Access to Psychological Therapies (IAPT) talking therapies:

**Croydon:** 020 3228 4040 [www.slam-iapt.nhs.uk/croydon/how-to-access-the-service/](http://www.slam-iapt.nhs.uk/croydon/how-to-access-the-service/)

**Kingston:** 020 8339 8040 [www.kingstonwellbeingservice.org](http://www.kingstonwellbeingservice.org)

**Merton:** 020 3823 9063 [www.thinkaction.org.uk/get-help/addaction-mental-health-services/miapt](http://www.thinkaction.org.uk/get-help/addaction-mental-health-services/miapt)

**Richmond:** 020 8548 5550 [www.richmondwellbeingservice.nhs.uk](http://www.richmondwellbeingservice.nhs.uk)

**Sutton:** 0800 032 1411 [www.suttonuplift.co.uk](http://www.suttonuplift.co.uk)

**Wandsworth:** 020 3513 6264 [www.talkwandsworth.nhs.uk](http://www.talkwandsworth.nhs.uk)

A leaflet explaining how local IAPT services can help you if you are experiencing emotional difficulties is available at: [www.swlccgs.nhs.uk/documents/help-and-emotional-support-during-pregnancy](http://www.swlccgs.nhs.uk/documents/help-and-emotional-support-during-pregnancy)

## More information and useful websites for your pregnancy

- **NHS Choices pregnancy and baby guide**  
[www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx)
- **Pregnancy, birth and beyond for dads and partners**  
[www.nhs.uk/conditions/pregnancy-and-baby/pages/dad-to-be-pregnant-partner.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/dad-to-be-pregnant-partner.aspx)
- **Which? Birth Choice - helping you decide where to have your baby**  
[www.which.co.uk/birth-choice](http://www.which.co.uk/birth-choice)





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**Croydon Hospital**

[www.croydonhealthservices.nhs.uk  
/maternity-services](http://www.croydonhealthservices.nhs.uk/maternity-services)

**Epsom Hospital**

[www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk)

**Kingston Hospital**

[www.kingstonhospital.nhs.uk](http://www.kingstonhospital.nhs.uk)

**St George's Hospital**

[www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

**St Helier Hospital**

[www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk)

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