



Royal Cornwall Hospitals
NHS Trust

Birth Reflections Service

This service provides women, the birthing person and partners the opportunity to talk about their birth experience and is available to anybody who has experienced birth in Cornwall.

Birth trauma is a recognised complication of pregnancy and birth

Sometimes your maternity journey differs from your original birth plan. People can be left with unanswered questions, memory loss and at times anxiety, depression, and post-traumatic stress symptoms.

Our Birth Reflections Service is here to listen to your story and can contribute a clarity and understanding of events. We believe your birth journey is unique to you and will be guided by your wishes.

When to seek support

Appointments are open to all service users who have given birth in Cornwall, or if you are a pregnant person who considers your previous birth as traumatic.

Birth trauma can present as heightened emotions immediately following the event, but over time these feelings should naturally heal. For this reason, your appointment will be at least 6 weeks following the birth. If appropriate, we may assess your mental health needs and refer you to other services.

Support for partners

We know that partners can be affected by birth trauma too, and this can significantly impact your family's health and wellbeing. Watching a person you care for in distress can be upsetting, so partners or family members are welcome to attend.

How to contact us

Appointments are available face to face at the hospital, or online. Please indicate your preference when contacting us.

Referrals should be via email: rcht.birthreflections@nhs.net

Please note that the Birth Reflections Service is not a complaints facility. If you are unhappy with your care, please contact the Patient Experience Team via email rcht.patientexperience@nhs.net or phone 01872 252793. Once a complaint is resolved, we are happy to discuss any emotions you may still be experiencing.

For an online version of this leaflet please scan this QR code



To get this information in a different format call 01872 252690

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