



Belfast Health and  
Social Care Trust

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# Childbirth Review Service



Childbirth is a major event in a woman's lifetime, and can leave an impact for many years after the event. BHSCT maternity staff appreciate that some aspects of your pregnancy and birth may have caused you upset, or you may have had a traumatic experience. Talking to a midwife about your birth when you are ready/and if you choose to do so, will assist your understanding of the events, and may help ease some of the effects of feeling like this.

The Childbirth Review Service provides you with an opportunity to review your birth with a midwife, who will listen and provide information about your experience.

This midwife works closely with all those involved in the maternity care of women and their families, including midwives, doctors, and clinical psychologists.

## How to contact the Childbirth Review Midwife

If you would like an appointment to review your birth with the midwife, you can ask your community midwife, health visitor or GP to refer you to the service. The midwife will then contact you by telephone to arrange a suitable time for your appointment. A letter with details of your appointment time and place will follow.

You may also refer yourself to the Service by:

Telephone: 028 9615 6378

Mobile: 07540 748708

The service is available to women up to 52 weeks post-delivery.