



# Birth Afterthoughts

Birth Afterthoughts will provide you with the space to talk to a highly skilled midwife about your birth experience. We see women no sooner than eight weeks following their birth, although we can accept referrals prior to this time. We aim to respond to referrals within two weeks.

You can self-refer to the Birth Afterthoughts service by emailing [ULTH.PMA@nhs.net](mailto:ULTH.PMA@nhs.net) and including the following details; your name, date of birth, email address, telephone number, and the name of the hospital your baby was born in.