



West Yorkshire  
Health and Care Partnership



forget me not  
children's hospice

# Maternal Mental Health Project Pilot (2022/2023)

Forget Me Not Children's Hospice has been awarded funding which enables us to expand our current provision of support to women who have experienced miscarriage, stillbirth following a neonatal death and/or have gone on to have a rainbow baby.

## Our expanded referral criteria

Women who live in West Yorkshire who are presenting with psychological distress, mental health difficulties and/or symptoms of complex grief related to pregnancy and baby loss in the last two years including:

- Miscarriage: recurrent miscarriage (3 or more with the last loss in the last two years) under 16 weeks' gestation or single miscarriage over 16 weeks
- Termination for medical reasons, in line with diagnosis of a condition which would meet the hospice criteria for care if the pregnancy was to be continued
- Antenatal diagnosis of life-limiting condition
- Neonatal death, expected or sudden
- Stillbirth
- Sudden and Unexpected Death (SUDIC): under 1 year old / SIDS / accident
- Rainbow pregnancy/baby: first subsequent pregnancy following a pregnancy loss or baby loss within 5 years of last pregnancy/baby loss. Support available from 16 weeks' gestation to up to 1 year post delivery.

Once someone has been referred to us, our family support team will assess their needs and allocate them to the most appropriate support.

## Our service offer

Women who meet our expanded referral criteria will have access to:

- The support of our midwife in collaboration with the teams at the local trusts during pregnancy and birth - attending antenatal appointments, helping with birth plans and enabling families to make informed choices
- Peer to peer support – access to a range of groups including our walking group, rainbow bumps and rainbow baby groups and bereaved mums group
- Bereavement support, counselling and therapy
- Family support, including support for siblings, emotional support and support for families from South Asian communities, where English may not be their first language.

## Growing our offer

This funding will also enable us to increase the provision of trauma-based therapy treatments such as EMDR and CBT. We're also working to ensure more communities are able to get the support they need – we have dedicated support for South Asian families and have recently recruited an Eastern European family support worker to help us reach and support more families in these communities.

For more information, please contact Callie Harrop on [callie.harrop@forgetmenotchild.co.uk](mailto:callie.harrop@forgetmenotchild.co.uk). To make a referral, visit [www.forgetmenotchild.co.uk/care-professionals/make-a-referral](http://www.forgetmenotchild.co.uk/care-professionals/make-a-referral)