

Developing Staffordshire and Stoke-on-Trent's Maternal Mental Health Service – Patient and Public Questionnaire Combined Participant Information Sheet and Debrief

Thank you for your interest in this questionnaire. This is a chance to have your say in the way we develop Maternal Mental Health Services in Staffordshire and Stoke-on-Trent. Please take your time to read the information on this page carefully. If you have any questions, please contact us.

What is this questionnaire for?

NHS England and NHS Improvement want Maternal Mental Health Services to be available across the UK by 2023/24, to better meet the needs of local people. These services will help women and their partners who have birth trauma, loss and/or tokophobia (a severe fear of pregnancy which can develop with or without previous experience of pregnancy).

In November 2020, local hospital Trusts were given funding to develop a Maternal Mental Health Service in Staffordshire and Stoke-on-Trent. Our area is not the first to do this, so we can learn from other areas who have already created Maternal Mental Health Services. However, we know that every area is different. We want to involve local people, especially women and their families who have used our services recently, to learn from their experiences and hear their ideas.

What does the questionnaire involve?

In this questionnaire, you will be asked about yourself (such as your gender and age) and your experience of services, birth trauma, loss and/or tokophobia. You will also be asked for your views on what new Maternal Mental Health Services should look like.

There are some questions with an asterisk (*) next to them. You will not be able to move to the next question until you have answered these. If you prefer not to answer any of the questions without an asterisk, you will be able to move to the next question without answering these.

You may find it upsetting as you think back on your experiences of birth trauma and loss. But sharing your experiences will help us to understand how we can support women and families who have similar experiences in the future. If you have any concerns about your physical or mental health, please contact your usual healthcare professional. You can also call the following services 24 hours a day, 7 days a week:

- 0808 196 3002 (Mental Health Access Line for South Staffordshire).
- 0300 123 0907 (Crisis Care Centre for North Staffordshire & Stoke-on-Trent).
- 116 123 (the Samaritans).

How do I take part?

We would like you to complete the questionnaire if you live in Staffordshire or Stoke-on-Trent, are at least 18 years old, and consider yourself to have experienced birth trauma, loss and/or tokophobia **within the last five years**. You do not need to have any of these conditions or experiences recorded in your medical notes to complete this questionnaire.

If you want to complete this questionnaire and meet these criteria, please click [here](#).

Who can I contact about this questionnaire, for more information and/or if there is a problem?

- Email: perinatal.communityteam@mpft.nhs.uk
- Telephone: 0300 303 4132

Thank you for taking the time to read this information. If you would like to complete the questionnaire, please click [here](#).