

Detach Self Referral Form and post  
or fax to address at the back (or e-  
mail including the following details)

Date:

First Name:

Surname:

Address:

Tel:

Mobile:

DOB:

Hospital Number:

Consultant:

GP:

Reason for referral

Urgent/ non urgent

Inpatient/ outpatient?

Inpatient Ward:

Where did you get this leaflet?

**Other useful contacts:**

**WXUH Chaplaincy Department**

Tel: 020 8535 6988

**SANDS – Stillbirth and Neonatal  
Death Society (UK)**

Helpline: 020 7436 5881

[www.uk-sands.org](http://www.uk-sands.org)

**Antenatal Results and Choices**

Helpline: 020 7631 0285

[www.arc-uk.org](http://www.arc-uk.org)

**Bliss – for babies born too soon,  
too small, too sick**

Free phone: 0500 618 140

[www.bliss.org.uk](http://www.bliss.org.uk)

**Miscarriage Association:**

Helpline: 01924 200 799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

## The Maternity Counselling Service



**You don't have to struggle  
on your own.**

**Mobile: 07903 515 501**

**Tel: 020 85395522 Ext: 6735**

**Fax: 02085356744 Internal: 6092**

**E-mail:**

[maternity.counselling@whippsx.nhs.uk](mailto:maternity.counselling@whippsx.nhs.uk)

## Who is the service for?

We provide a **confidential** counselling service for any woman who is a patient of the Maternity Department at Whipps Cross University Hospital.

You may come with your partner if you wish.

## Why might I need counselling?

- Problems in pregnancy i.e. foetal abnormalities, anxiety due to previous pregnancy loss or an acute episode
- Stillborn/neonatal death
- Traumatic Birth
- Post-natal problems
- Adoption issues

## Counselling may help you to:

- Share your feelings with a professional who is outside your situation and who has the time to listen.
- Feel supported by a professional whilst feeling low in mood, depressed, anxious or any other feelings related to your pregnancy or grieving process.
- If you have mixed feelings about your situation talking it through with a professional may give you greater insight or clarity.

## How can I make a referral?

You can make a **self referral** or be referred by your GP or any maternity health care professional by contacting:

**Mobile: 07903 515 501 or**

**Tel: 020 8539 55 22 Ext: 6808**

Both have voice mail so do please leave a message or SMS.

**e-mail:**

[maternity.counselling@whippsx.nhs.uk](mailto:maternity.counselling@whippsx.nhs.uk)

**Post/fax:**

detaching the referral form overleaf and send to:

**2<sup>nd</sup> Floor, Maternity Management**

**Secretaries**

**The Maternity Counselling Service**

**Whipps Cross University Hospital**

**Whipps Cross Road**

**E11 1NR**