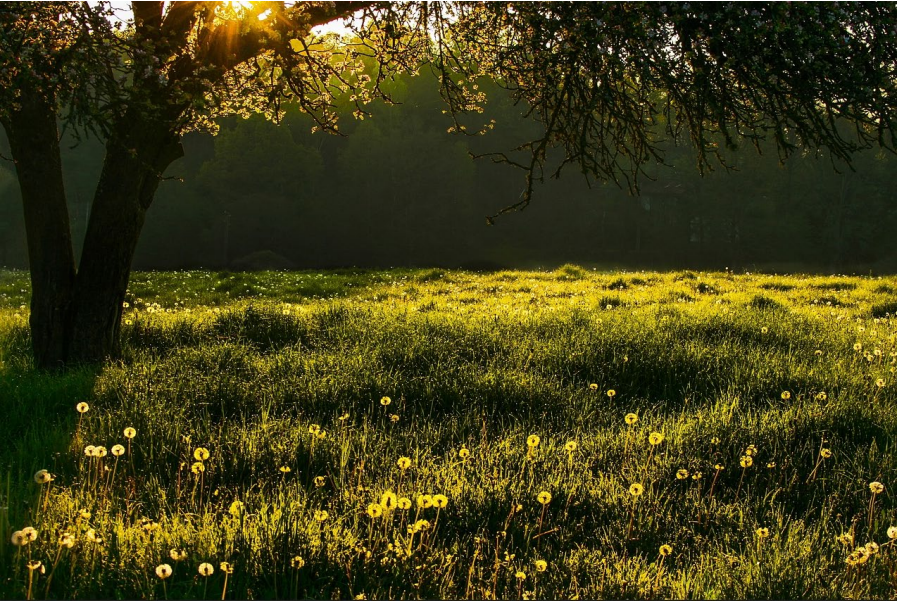




Oxford Health
NHS Foundation Trust



Buckinghamshire Maternal Mental Health Service

Introduction

The Buckinghamshire Maternal Mental Health Service (MMHS) is a specialist service.

We provide support and psychological therapy to women and birthing persons who are experiencing emotional distress related to their maternity experience.

This service is available to women/birthing persons who are registered with a Bucks GP and are

- pregnant and experiencing emotional distress arising from their maternity experience.

Or

- not pregnant and would like psychological support following the loss of a baby, for any reason, during pregnancy or after birth.

*Please note we are not able to offer bereavement counselling and we are unable to accept referrals within the first four weeks of loss.

We offer a wide range of support including:

- group support
- individual sessions with a specialist mental health midwife or psychological therapist
- psychologically informed birth preferences
- signposting or referral on to other services that might be better placed to meet your needs

We accept professional and self-referrals. Please see our webpages or contact us for further details:

Contact us

Maternal Mental Health Service
Whiteleaf Centre
Oxford Health NHS Foundation Trust
Bierton Road
Aylesbury
HP20 1EG
Tel: 01865 901764



Email: BMMHSAAdmin@oxfordhealth.nhs.uk

Web: <https://www.oxfordhealth.nhs.uk/maternal-mental-health-service/>

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: [**www.oxfordhealth.charity**](http://www.oxfordhealth.charity)