

Any Other Useful Information

If you are in crisis with your mental health or require immediate help, you should contact your local crisis line:

elft.bedluttonocean@nhs.net

01234 263639

Who to contact if you are unhappy with our service (PALS/Complaints)

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on Freephone 0800 0131 233 or email: PALS@elft.nhs.uk.

If you are not happy with the service and your treatment, please speak to the service manager to try and resolve this, or contact the PALS team.

If you wish to make a complaint, you can call 0800 085 8354 or email: PALSandComplaints@elft.nhs.uk, or write to: Complaints and PALS Manger, FREEPOST RTKB-ESXB-HYYX, Trust Headquarters, 9 Alie Street, Luton, E1 8DE.

Bedfordshire & Luton



Offering Compassionate
Emotional Support to those
Living Through Birth Trauma or
Birth Loss



Who are We?

OCEAN is a specialist integrated mental health and maternity service in Bedfordshire and Luton who will provide support for women who are affected by birth trauma and loss. The team is made up of psychologists and specialist midwives.

Who we Help

We aim to offer support to individuals who are experiencing moderate to severe emotional distress arising from, or related to, their maternity journey.

Presentations may include (but are not limited to):

- Repeated unsuccessful IVF treatment.
- Trauma symptoms following pregnancy loss (including early miscarriage, recurrent miscarriage, stillbirth, neonatal death and termination of pregnancy).
- Birth trauma.
- Severe fear of childbirth (Tokophobia).

We are offering support to individuals who are wanting and ready to engage in psychologically-based support.

How we Help

The OCEAN Service will provide targeted assessment and therapeutic engagement for individuals identified with mental health needs arising from, or related to, their maternity experience. Therapeutic care that integrates psychological support, specialist midwifery support and support around reproductive health will be offered.

Specialist psychological treatment, care and support will be on offer to those who have experienced a birth trauma and/or loss.

The aim is to provide joined-up care across mental health, maternity and reproductive health to fill in the gap where there is no other suitable service.



Referral to Ocean

Referrals can be made by completing the Perinatal Mental Health Service Referral Form and sending it to the Perinatal Mental Health email address found on the form, which will be triaged by Perinatal Mental Health and OCEAN clinicians.

We are taking referrals through clinical discussion, which can be done contacting the OCEAN team directly for a clinical discussion. To get in touch with the team, please call **01234 263 639** or use the email address: **elft.bedlutocean@nhs.net** and a clinician will contact you to discuss the referral.

Self-referrals can be made by contacting the OCEAN team directly.

If it is determined that OCEAN is the most suitable service to offer support and/or treatment for the referral, an assessment with a clinician will be offered, following which a plan of care will be formulated with each person, based on their needs.

If OCEAN is not the most appropriate service, a clinician will work with the individual to support them with their onward journey. Between OCEAN and service users, we will try find the most appropriate service to meet their needs.

We care, we respect, we are inclusive.