Would you like to talk to someone about your birth?

Some women may find it helpful to talk to someone about their birth. This is especially true if they had a pregnancy, labour or birth that was difficult, or if something unexpected happened. It is not unusual to be left with questions about why something happened or what effect it may have on a future pregnancy and birth. You can speak to a midwife or doctor in hospital, or your community midwife at home. They should be able to answer your questions and help you understand what happened.

If you want to speak about your birth further down the line, ask your local health visitor or GP to put you in touch with a consultant midwife at the unit in which you gave birth.

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