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# Maple Service

**We support people experiencing fear, trauma or distress related to fertility, pregnancy, birth or perinatal loss.**

We offer talking therapy to people who are experiencing emotional distress or symptoms of trauma. We can work with you before you achieve a pregnancy, during pregnancy, after birth or after a loss.

We work with women and birthing people in addition to fathers and partners.

**Maple is a specialist NHS service for people living in Enfield and Haringey.**

If you would like a referral to Maple, please speak to your GP, maternity team, health visitor or any health professional involved in your care.

# Frequently Asked Questions

## Can I access the Maple Service?

We work with people who have experienced:

- Fear of childbirth
- Pregnancy loss (associated with fertility treatment, miscarriage, termination or a medical condition)
- Birth trauma
- A stillbirth or death of a baby
- The loss of a baby as a result of social care proceedings
- Having a baby born with a serious medical condition/disability

## What happens after the referral?

We will get in contact with you or the person who made the referral to get more information. If we think Maple can help, we will arrange to meet you within 6 weeks.

## What will happen at my first appointment?

We will try to meet you at a convenient time and place (this might be at one of our rooms in the community, hospital, at your home or virtually).

The initial appointment can last up to 90 minutes.

At the end of the appointment, we will discuss support / therapy options with you and agree a plan.

## What type of support can I expect?

Our aim is to improve mental health and wellbeing for you and your family. Support may include: psychological therapy, peer support and/or liaising with other professionals currently providing care.

Please note Maple is **not** an emergency service. We work Monday – Friday, 9-5pm.

For **emergency help** call 999 or attend your local A&E.

For **urgent help** call the mental health crisis team: **0800 151 0023**