



## About us

Devon Perinatal Loss and Trauma Therapy Service (PLATTS) is a specialist service offering psychological therapies to women and birthing people experiencing significant mental health difficulties directly linked to their perinatal experience, such as birth trauma or loss. The word “perinatal” refers to pregnancy, birth and the postnatal period.

## What we offer

- An assessment to get to help us develop a shared understanding of your situation and consider whether therapy might be helpful for you at this time.
- Time-limited individual psychological therapy or counselling.
- Group therapeutic interventions.
- Advice, support and signposting to other appropriate services.

## How will I know if this service is right for me?

The service might be appropriate if experiences related to your perinatal journey are having a negative impact on your mental health. We specifically work with women and birthing people who are experiencing significant mental health difficulties as a result of any of the following:

- Trauma occurring in the perinatal period (including birth trauma, trauma related to Neonatal Intensive Care Unit (NICU) care, or medical complications for mother or baby).
- Loss occurring in the perinatal period (including miscarriage, stillbirth, termination, neonatal death).
- A severe fear of childbirth (Tokophobia).
- A severe fear of medical procedures relating to pregnancy and your unborn baby.

We can also work alongside Midwifery and Social Care to help guide your care in a psychologically informed way. We offer professional consultation services where there has been:

- Temporary separation from your baby as a result of safeguarding concerns, where there is now an opportunity to continue parenting your baby.
- Preparing for parenting your unborn child after previously having a child removed due to safeguarding concerns.

## How can I access this service?

Any health care professional can make a referral to us on your behalf. This could be your GP, midwife, health visitor or a mental health practitioner. We are not able to accept self-referrals at this time and we do not accept referrals from crisis services.

## Further information

Further information on our services can be found on our service website: [www.dpt.nhs.uk/services](http://www.dpt.nhs.uk/services)

## Contact us

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