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**Where to find a women's  
health counsellor**

Whittington Health  
Highgate Wing  
Level 1  
Dartmouth Park Hill  
London  
N19 5NF

Whittington Health  
Magdala Avenue  
London  
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Phone: 020 7272 3070

Date published: 03/12/2015  
Review by: 03/12/2017  
Ref: WH/Mat/Cnsl/02

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**Women's Health**

**Counselling for  
maternity bereavement**

**A patient's guide**



## **Has your baby died during pregnancy or at birth?**

### **Would you like to talk to someone about how you feel?**

#### **Why counselling?**

Losing your baby, born or unborn can be a very painful experience. You may be having feelings which are hard to cope with or which you don't understand. Perhaps you feel there is nobody who really understands what you are going through. It can be a lonely time.

#### **How can counselling help?**

Talking to a counsellor can help. The aim is to give you time, attention and support. A counsellor will listen and help you to explore your feelings without judging you or telling you what to do. This can help you feel better about yourself and find new ways of coping.

Whether your baby has died recently or some time ago, talking to a counsellor can be helpful. What you say to the counsellor during the session is confidential.

#### **Who is counselling for?**

The women's health counselling service is for any woman who is using, or has used, the maternity services at Whittington Health. The hospital aims to make the service available to all women regardless of age, race, national origin, sexual orientation or disability.

The office is wheelchair accessible and interpreters are available to translate when needed. The women's health counselling service is also available to other family members.

#### **How does counselling work?**

Counselling can be a one-off session or a number of sessions as agreed between the counsellor and you.

Sessions may be weekly or more spread out and usually last for 50 minutes.

#### **How to contact a women's health counsellor**

If you would like to speak to the women's health counsellor or make an appointment, please contact Jackie Reiter, on 020 7074 2799.

Leave a message and she will get back to you at the earliest opportunity. You can also email Jackie at: [jackie.reiter@nhs.net](mailto:jackie.reiter@nhs.net)

You can also be referred to the women's health counsellor by your own midwife or by bereavement midwife, Jane Laking. Please call 020 7288 5709.