

**#THINKTRAUMANOW CAMPAIGN**

Thank you for spreading the Make Birth Better message and showing your support for the #thinktraumanow campaign. Birth trauma is more important than ever to prevent, recognise and treat and your actions will count.

Please look up your local Member of Parliament (MP) here: <https://members.parliament.uk/>, then copy this draft email below and press send.

**What Next**

When you hear back from your MP, we would love to hear about the response to the questions raised, and which Trust/s it relates to. Please contact us on hello@makebirthbetter.org

We hope to collate this evidence across England, to support the lobbying work we are doing to try and push for all maternity services to become trauma informed, and that staff receive the training they need to support women/partners throughout their maternity journey. We really appreciate the time you are taking to support this work.

**Draft Email**

Dear [insert name]

I am a passionate supporter of [Make Birth Better](https://www.makebirthbetter.org/). We are a unique collective of parents and professionals across the UK dedicated to reducing the life-changing impact of birth trauma through education, campaigning and training.

Almost one year ago we conducted two surveys which uncovered that women were not being asked about their birthing experience postnatally, and many (25%) didn’t feel they received the support they required to heal from their birth trauma. Given how essential early intervention is for women and partners, identification of trauma is key. However, our survey results identified that maternity staff often felt ill prepared to assess for birth trauma, or to know how or where to refer women for specialist trauma treatment. In fact, 73% of them had never had any specific training on birth trauma.

Birth trauma is preventable, particularly when services are trauma informed. Our campaign is inundated with stories from women and their families, sharing the catastrophic impact their birth trauma has had on their lives, or the vicarious trauma maternity staff have sustained.

These findings were the first step in reflecting what could be happening on a larger scale in the UK, which could be affecting 200,000 women in Britain each year.

**This was the birthing world before COVID-19 hit.**

We have grave concerns that the situation almost one year ago will undoubtedly worsen, at a time when many maternity services have had to change their working practices, and staff have been redeployed. Women and healthcare professionals are sharing with us the significant impact this is having on their mental health. **We must act now** to prevent trauma to individuals and also **minimise a second epidemic of trauma**, where many staff and families are suffering with trauma symptoms, over the coming months and years.

In 2019, the government manifesto stated they wanted to make the NHS the best place in the world to give birth. We want this too.

As a member of your constituency, I want to know:

1. How you will ensure that local maternity services are ring-fenced as requested by the [Royal college of Midwives](https://www.rcm.org.uk/media-releases/2020/march/rcm-plea-help-us-deliver-safe-care-for-pregnant-women/)?

2. How are local maternity services prioritising trauma prevention now, through safe, collaborative and person-centred maternity care?

3. What plans are in place to provide evidence-based, trauma-focussed treatment after COVID-19 has dissipated?

I look forward to hearing more about vital service provision in this area and thank you for taking the time to listen to our concerns.

Yours sincerely,

[insert name]