



*"My baby boy was well,
but I was mentally and
physically broken.
It was awful."*

Your birth story matters

How do you look back on labour, giving birth and the time after you had your baby?

How about your pregnancy or your experience of trying to get pregnant?

Everyone deserves a positive and empowering experience. But perhaps your story is different.

Birth trauma is real

Trauma symptoms can be caused by any experience that made you feel intensely afraid, out of control or helpless.

Birth trauma is a diagnosable and treatable mental health condition and partners can be affected too.

Support is available

Try talking to your GP, health visitor or midwife. Scan the QR code (to the right) and we will help you find support too.

1 in 3

women* find some aspect of their birth traumatic.

1 in 25

women* who give birth will develop postnatal post traumatic stress disorder (PTSD).

*This research was completed by people who identify as women. We respect all experiences of birth trauma regardless of how people identify.



www.makebirthbetter.org

Printed by Irwin Mitchell