

Psychological wellbeing support on the Neonatal unit

Neonatal Service

Information for Patients

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Introduction

Having your baby in the Neonatal Unit (NNU) can be very hard for you as parents/carers. You might be new parents or you might have other children. Your pregnancy or birth might have been hard. This might not be what you had expected. You may be feeling many different things.

Many parents say their time on the NNU felt like an 'emotional rollercoaster'. They felt many things like guilt, fear, anger, helplessness, confusion, tiredness and numbness. They also felt joy, relief, pride and love. There is no right or wrong way to feel or act in this situation. It is important to know that these are all normal feelings.

How can the Neonatal service help?

It can be hard to manage how we feel day to day. Neonatal Clinical Psychologists work in NNUs. We give emotional wellbeing support for parents, carers and staff. We offer a private space to listen. We can help you make sense of what is happening and reduce the stress you feel.

What does a psychologist do?

It may be your first time seeing a psychologist. We can help with:

- making sense of your experiences of NNU.
- finding ways to cope with your emotional reactions.
- the effect it is having on your relationships.
- solving problems and making use of your own strengths and skills.
- thinking through decisions about your baby's treatment.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- thinking about your relationship with your baby.
- talk about any worries you may have about your baby.

Who is the unit psychologist?

The Psychologist for the unit is: **Dr Emma Hoogerwerf**

“My name is Emma, and I am a Clinical Psychologist. I offer support to the Neonatal Unit. We may have already met, or you may have seen me walking around the unit. I work on Mondays, Tuesdays or Wednesdays”.



How do I book an appointment?

To make an appointment, please speak to the doctor or nurse looking after your baby, or the ward clerks on the front desk. The psychological therapy service is available Monday to Wednesday.

Sometimes the clinical team might want you to see a psychologist. This is not because you are not coping well. It is because they know what you are going through is hard. We can arrange an appointment for you often in a private and quiet room on the NNU.

You can speak on the phone or with a video call. If you need an interpreter, please let us know. There may be a small wait for appointments.

You can get psychological support whilst your baby is on the unit. If you need more help after your baby's discharge, you can talk to the psychologist about options in your local area.

What happens with what I share with you?

Any information that you share with the psychologist is private. It will not be shared without your permission. We will share information if there is a risk to your child, yourself or others.

Some parents find it helpful to share information with the clinical team. This is because the clinical team is able to better understand you and care for your baby.

We will keep notes from our talks. This is separate from your baby's medical notes. The clinical team will not be able to see these notes. It is your choice to use this service or not. It will not affect your baby's care.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk