

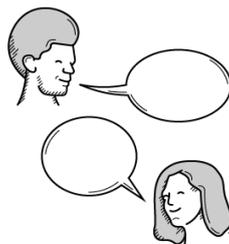
Care Opinion Case Studies

We are working with Care Opinion to demonstrate the real stigma and discrimination people experience in the health and social care sector, as well as the good practice which is ensuring people get the help and support they deserve.

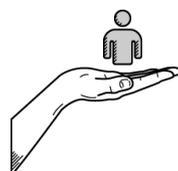
Well on my way to Recovery

“I was referred to Shona at Perinatal Mental Health after a very traumatic birth last summer and I can’t thank her enough for the difference she has made to my life in such a short time.

“When I was first referred to her I had post traumatic stress, was not sleeping and was suffering panic attacks. Shona immediately identified the trauma from my birth and explained it in a way that started to help with things immediately. She helped me with a care plan and liaised with my GP as well as arranging psychotherapy for me.



“Speaking to someone who had the background in midwifery has made all the difference to the recovery of my mental health. Before my very first appointment she had done so much research through what information she had available about me. This made such a huge difference with our first meeting. From the outset it was clear she cared about my situation and I was not just another number.



“I have gone from being absolutely traumatised and severely depressed to feeling like I am well on my way to recovery. Birth trauma is horrific and I am forever grateful to the Grampian NHS for providing a trauma specialist as part of their service, especially as one as experienced and fantastic as Shona.”



Professional's Response

Thank you for taking the time to share your experience. I am delighted Shona was such a support to you and I will ensure she receives this lovely feedback. It is wonderful to hear that you feel on the way to recovery and thank you again for your feedback.

You can find the latest stories at <https://www.careopinion.org.uk/> and searching 'mental health', or checking out our website <https://www.seemescotland.org/health-social-care/>

