

Psychological Support on NICU

Having a baby or babies admitted on the neonatal unit can be a stressful time for families and bring up a confusing mix of feelings. These are all natural responses to a difficult situation. Psychological support is on offer and available to all parents while they have a baby on the unit.

Seeing a psychologist or a counsellor may be a new experience for you, but many parents find it helpful to have a supportive space to adjust to this challenging time. We can offer an opportunity to make sense of your feelings and explore ways to cope during your baby's hospital stay. Communication with those closest to you can commonly be affected during moments of great stress; time to reflect on this can often ease some of these difficulties.

Sometimes an experience on a neonatal unit can naturally impact feelings of closeness and the bond with your baby. We can help to shine a light on what's already working well in your bond and support you to build on this, as well as discovering new skills.

We can meet with you individually or as a couple by your baby's cot. Alternatively, lots of parents find it helpful to meet in a quiet, private counselling room on the ward. We will be led by whatever feels like the best fit for you. It is entirely your decision whether to access our service. During an initial session, we can explore the many considerations that might influence this decision. Sometimes, you may feel now isn't the right time to take up this support and, if you choose not to, it will not affect your baby's care in any way.

Meet the Team



Dr Jayne O'Brien,
Highly Specialised
Clinical Psychologist



Jessica Hill,
Specialist Neonatal
Counsellor.

If you would like to meet with us, please reach out to a nurse or team member and they will let us know. One of us will then meet with you and talk through what we can offer and answer any questions you may have.

Please feel free to contact us on:
0161 701 2700 and ask to speak with the
psychological support team.