

Ref: [Patient's NHS number]

[Recipient's name]

Address 1  
Address 2  
Address 3  
Address 4  
Postcode

Private and confidential

Dear [patient name],

#### Regarding your recent participation in the SONAR 1 study

Many thanks for taking part in the study SONAR 1, we are very grateful for your help. As part of the study, you answered some questions about your recovery from Caesarean delivery and your wellbeing.

Further to our telephone discussion, we are writing to you as the questionnaires we used in our telephone call may suggest that you may have symptoms of postpartum anxiety, postpartum depression (PPD) and/ or posttraumatic stress disorder (PTSD). From the questionnaires you have scored:

- >10 on Generalised Anxiety Disorder –7 questionnaire, used to detect Anxiety.
- ≥ 11 on the Edinburgh Postnatal Depression Score, a tool used to detect postpartum depression AND/ OR
- >30 on the PCL-5 checklist, which is a tool designed to detect post-traumatic stress.

The survey you completed in cannot make a diagnosis by itself. The score may not accurately represent your personal mental health. We suggest that you contact your GP or health visitor to discuss this further or if you have any concerns.

We have contacted your GP by letter to inform them of the survey results.

Below are some resources listed to help you decide what is best for you.

Yours Sincerely,

[INSERT LOCAL PI NAME]

Principal investigator

SONAR 1 Letter for patients

[Version 1.3; Last altered: 12/12/24]

IRAS Ref. No: 265964

Department of Anaesthesia  
University College Hospital London  
235 Euston Road  
London  
NW1 2BU

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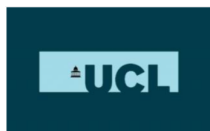
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## LIST OF RESOURCES

### For urgent help:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

### Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19

<https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/>

### For Postpartum Depression:

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/treatment/>

There are a number of national support groups that you can contact for advice.

You can also use them to attend events with other parents affected by [postpartum](#) depression.

These groups include:

- [Association for Post Natal Illness \(APNI\)](#) – helpline on 020 7386 0868 (10am to 2pm, Monday to Friday) or email [info@apni.org](mailto:info@apni.org)
- [Pre and Postnatal Depression Advice and Support \(PANDAS\)](#) – helpline on 0808 196 1776 (11am to 10pm every day) or email [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)
- [NCT](#) – helpline on 0300 330 0700 (9am to 5pm, Monday to Friday)
- [Mind](#), the mental health charity – info-line on 0300 123 3393 (9am to 6pm, Monday to Friday) or email [info@mind.org.uk](mailto:info@mind.org.uk)

You can also search for local support groups and find details of national telephone or email support lines on the [Maternal Mental Health Alliance website](#) and The Birth Trauma Association

SONAR 1 Letter for patients  
[Version 1.3; Last altered: 12/12/24]  
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<https://www.birthtraumaassociation.org.uk>

Below are the contact details for the Patient Advice and Liaison Service at [YOUR HOSPITAL].  
You may feel you wish to speak to them.

[INSERT LOCAL PALS CONTACT DETAILS]NOTES FOR USER – delete EPDS/PCL-5 and PPD/PTSD as  
appropriate to ensure recipient is clear on what score triggered the threshold, and what the  
score pertains to.

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Deleted: PALS [uclh.pals@nhs.net](mailto:uclh.pals@nhs.net)  
University College Hospital [020 3447 3042](tel:02034473042)  
235 Euston Road  
London NW1 2BU

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