



Ref: Patient's NHS number

Recipient's name

Address 1

Address 2

Address 3

Address 4

Postcode

SONAR1
Department of Anaesthesia
University College Hospital London
235 Euston Road
London
NW1 2BU

Private and confidential

[Email: James.ocarroll@nhs.net](mailto:James.ocarroll@nhs.net)

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, post-partum 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 Post-natal Depression Score, a tool used to detect post-partum depression

>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,

Dr James O'Carroll
Principal investigator

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 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 Post-Partum 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 postnatal depression.

These groups include:

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

<https://www.birthtraumaassociation.org.uk>

Below are the details for the Patient Advice and Liaison Service at UCLH. You may feel you wish to speak to them.

PALS
University College Hospital
235 Euston Road
London NW1 2BU

uclh.pals@nhs.net
020 3447 3042

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.