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| **North West London** |
| Maternal mental health in North West London   * Maternity Trauma and Loss Care Service (M-LTC) for women and birthing people who live in the boroughs of Hillingdon, Ealing, Harrow, Brent, Hounslow, Kensington and Chelsea, Hammersmith and Fulham and Westminster. * Refer at: cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/maternity-trauma-and-loss-care-service-north-west-london |
| **North Central London** |
| Maple for women and birthing people who live in the boroughs of Enfield and Haringey.   * Refer by contacting: NCL.perinatal@candi.nhs.uk |
| **East London** |
| East London Foundation Trust – Ocean for women and birthing people who live in the boroughs of City, Tower Hamlets, Newham, and Hackney.   * Refer by contacting: elft.towerhamletsperinatalteam@nhs.net |
| **North East London** |
| North East London Foundation Trust for women and birthing people who live in the boroughs of Barking and Dagenham, Redbridge, Waltham Forest, and Havering.   * Refer by contacting: mmht@nelft.nhs.uk |