



leos's

# Her Journey

**Guidance for Professionals Referring In For Support**

Pilgrim  
Trust

[leosneonatal.org](http://leosneonatal.org)

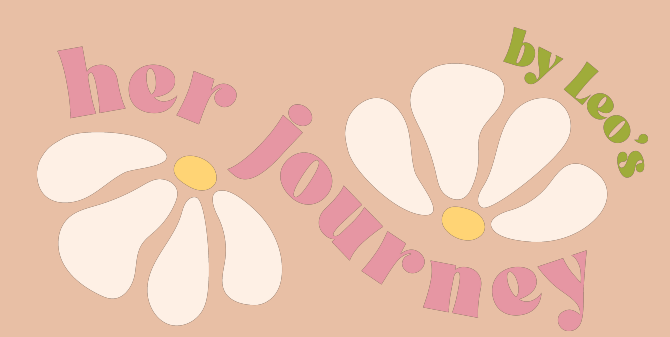
**Follow us on Instagram & TikTok @herjourneybyleos**

Registered Charity 1179901

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# About Her Journey



**Her Journey is a lived-experience & trauma-informed support service delivered by Leo's through the Pilgrim Trust Young Women in Mind program & Tees Valley Peer Support Network\*.**

**The service is delivered by Leo's experts by experience peer mentors & therapists, and delivers compassionate care to women who require well-being and mental health support following a neonatal admission, pregnancy or baby loss or termination of pregnancy.**

**This document is here to help support you when wanting to refer a family, or signpost a family into our care.**

**Please be aware that there are differing criteria for our lived experience baby loss work.**

# Criteria for Referrals – Pilgrim Trust

Through this project we can deliver care to young women aged **16–25** at the time of referral across the following local authorities:

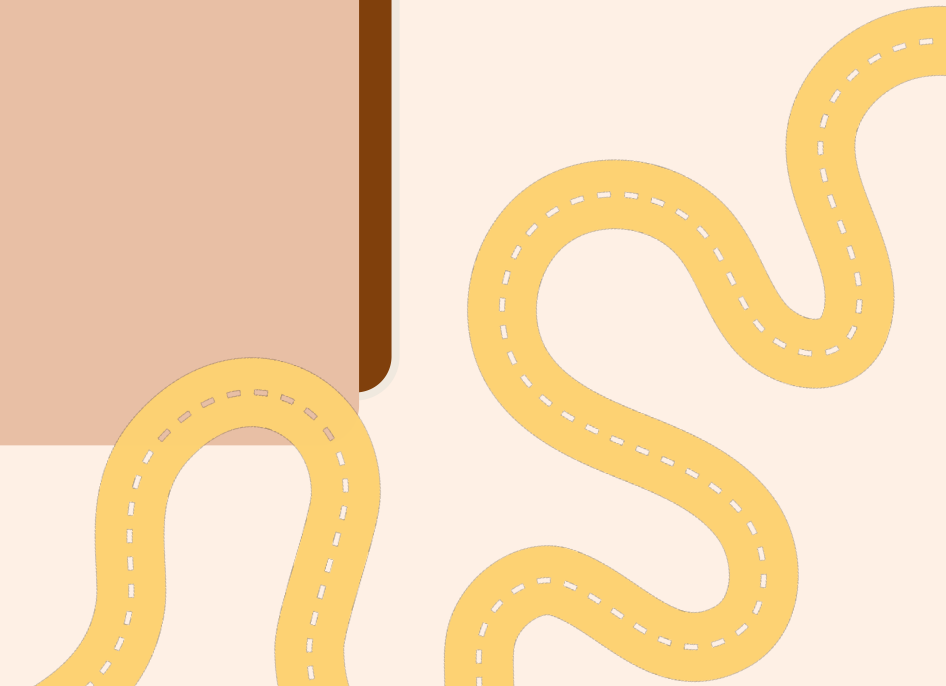
- Redcar and Cleveland
- Middlesbrough
- Stockton
- Hartlepool
- Darlington

In the last three years (2023– 2026) have experienced:

- Pregnancy loss including: miscarriage and TFMR
- Baby loss, including stillbirth and neonatal loss (where the loss occurred on the neonatal unit)
- A current high-risk pregnancy following previous loss / NICU stay and currently under fetal medicine care
- Termination of pregnancy

In the last two years (2024–2026) have had a neonatal stay in any of the following units:

- JCUH
- RVI
- North Tees
- Darlington Memorial Hospital
- Durham University Hospital
- Out of area units due to cot shortages (e.g. Leeds)



# Support Available – Pilgrim Trust

Lived  
experience  
peer support

Counselling

Trauma  
focussed  
therapies such  
as EMDR

Community  
based  
activities such  
as flower  
picking\*

## Key Things We Want You To Know:

- All staff have lived experience of the areas of need we provide – this includes our therapists
- Community based activities are done in set groups of similar experiences to avoid any distress. E.g. neonatal parent based activities will only be offered to neonatal families in our care
- All women referred in *must* be aged 16–25 at the point of referral

# Criteria & support available for Referrals Tees Valley Peer Network



**Through this project we can deliver care to women across these local authorities:**

- Redcar and Cleveland
- Middlesbrough
- Stockton
- Hartlepool
- Darlington

**In the last three years (2023- 2026) have experienced:**

- Pregnancy loss including: miscarriage and TFMR
- Baby loss, including still birth and neonatal loss (where the loss occurred on the neonatal unit)

**Available support includes:**

Virtual lived experience peer support delivered by a team member who is a qualified therapist with lived experience of pregnancy loss.

# Important Information



## This service does not provide:

Crisis interventions

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Emergency mental health support

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Diagnostic assessments

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Statutory mental health services

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Risk management services

## Referral suitability:

### This service is suited to women who:

Feel able to engage in support

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Would benefit from relational peer support or therapeutic support

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Do not currently require crisis intervention

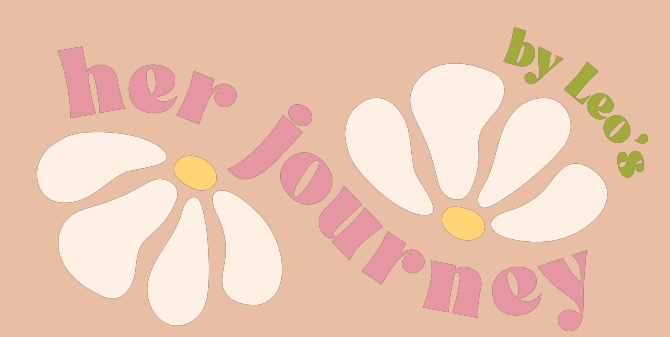
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Want specific support related to pregnancy loss, TFMR, baby loss, neonatal care, high risk pregnancy or termination of pregnancy.

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Meet the key criteria set out in this document

*Where a woman requires more intensive or specialist support, alternative or additional services may be recommended.*



# Making A Referral

Referrals are made via our website [leosneonatal.org](https://leosneonatal.org) (*please do not put www. in front*)

These referrals can be made by any professional, but *cannot* be made by a family member or friend. Self referrals can also be made via the website.

If you are unsure, and would like to discuss criteria with us before making a referral, please email us on [care@leosneonatal.org](mailto:care@leosneonatal.org) with a contact phone number and we'll be in touch.



# Contact

Should you need to contact us about anything regarding the project outside of referral criteria, please contact:

**Leanne Kast**

***Project Manager***

**[leanne@leosneonatal.org](mailto:leanne@leosneonatal.org)**