

Submission  
No 1245

## INQUIRY INTO BIRTH TRAUMA

**Name:** Mrs Lucy Mort

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Partially  
Confidential

I have experienced two empowering, safe and beautiful births within the NSW public healthcare system. I strongly believe that my experiences were so positive because I had access to the Midwifery Group Practice at my local public hospital . Having one midwife care for me (and my family as a whole) throughout pregnancy, birth and postpartum was crucial for building my trust and confidence in myself and my ability to advocate for myself and my needs. My midwife made me feel as though I could have the birth and care that I wanted. I was able to have a water birth on both occasions and I could refuse interventions and treatment that I did not want for myself or my baby.

Every women in Australia deserves access to continuity of care!