

## SUPPORT AFTER PREGNANCY LOSS

Pregnancy loss can be a very difficult time. It is often hard to know where to turn for support, or how to manage your loss. This leaflet contains some information which you may find useful in answering the many questions you might have at this difficult time.

- WHERE DO I GO FOR EXTRA SUPPORT?
- HOW CAN I REMEMBER & MARK MY PREGNANCY LOSS?
- HOW CAN I FIND OTHERS WHO HAVE HAD A SIMILAR EXPERIENCE?

**Most importantly remember** - that everyone is different, everyone's experience is unique and everyone deals with pregnancy loss in their own way. Each individual/couple will cope with what has happened in a way which is right for them.



### Finding support and ways to mark your loss.

- ❖ Online forums through the Miscarriage Association and Ectopic Pregnancy Trust.-  
[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk) / [ectopicpregnancytrust.org.uk](http://ectopicpregnancytrust.org.uk)



- ❖ Remembrance services through '[sayinggoodbye.org](http://sayinggoodbye.org)' – held around the country throughout the year. Check the website for details.
- ❖ Counselling services – check [counsellingdirectory.org.uk](http://counsellingdirectory.org.uk), or discuss with your GP.
- ❖ Both the Miscarriage Association and the Ectopic Pregnancy Trust have sections on their websites about marking your loss: 'Forget me not meadow' and 'Candle tributes'.
- ❖ Check '[babyloss.com](http://babyloss.com)' for local support groups (groups are located in both Leeds & York).
- ❖ The Lullaby Trust – [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk).
- ❖ Baby loss awareness week is held internationally – 9<sup>th</sup>-15<sup>th</sup> October each year. [www.babyloss-awareness.org](http://www.babyloss-awareness.org).
- ❖ You may wish to mark your loss on a more personal level – plant a tree, buy a piece of jewellery (a charm for a bracelet, for example) or a keepsake.

## What is available here at Harrogate Hospital?



We are very lucky to have our own hospital chaplaincy team, and chapel. If you wish to speak to a member of the chaplaincy team, then please ask and we can arrange this for you. They can also be contacted directly – 01423 553045. The chapel is open and available to people of all faiths, and those with no faith who may simply need a calm place to think.

If you would like a dedication entering into the baby loss memory book this can be arranged, or you may light a candle. Please ask for details. The chapel is always open should you need a quiet place to sit.

The chapel holds a service each year to remember pregnancy loss. This usually takes place in November and you are very welcome to attend. Please contact the chaplaincy team for more details.



Support in Harrogate is now available, based at 'Just B' bereavement.

Reflect Pregnancy support – call: 01423 206710 / email: [enquiry@reflectharrogate.co.uk](mailto:enquiry@reflectharrogate.co.uk).

**Don't forget us** – the Specialist Nurses in the Early Pregnancy Assessment Unit are here Monday-Friday & Sunday, 9am - 2.30pm.

If you have any questions, concerns or simply need someone to talk to, please do not hesitate to give us a call. If we can't answer your call immediately, simply leave a message with your contact details, and we will get back to you.



**01423 555373**

If you require any other information, please ask.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the EPAU staff who are looking after you.

