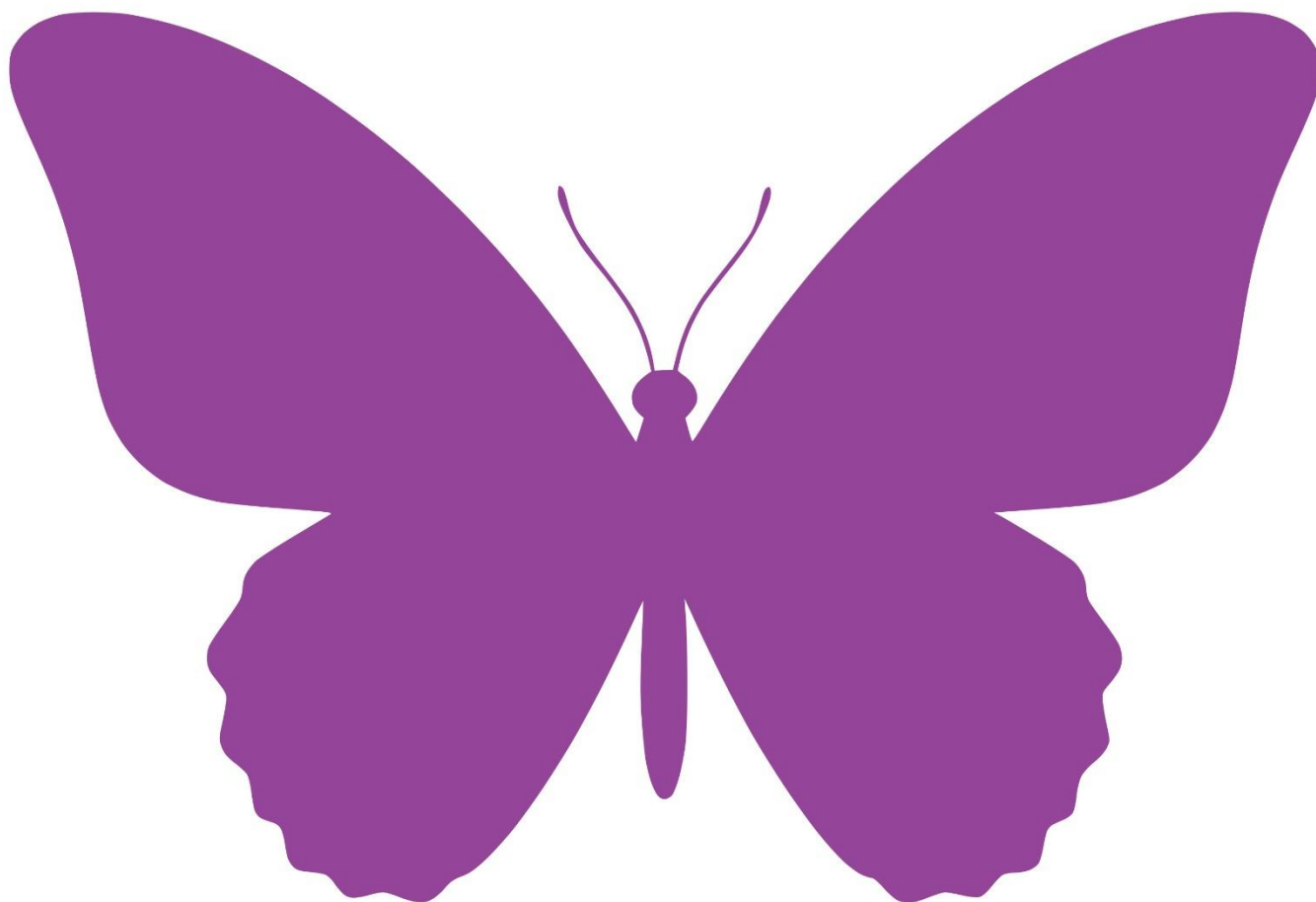


Psychological support following pregnancy loss

Information for women, birthing people and their partners

We are sorry for your loss. At this difficult time, you can experience differing levels of mental health difficulties. You can find information below to help you access both local and national organisations that can offer advice and support.



Mild to moderate distress

If you are feeling low but still feel able to go about your daily life, you can self-refer to free NHS talking therapies or see your GP for more support. To find the relevant service for your area, please visit: www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/

Moderate to severe distress

If you feel so low that it is impacting your daily life, including your self-care, relationships and work, then you may need more support. Please see your GP to discuss how you are feeling to get access to the most appropriate support. This could be a different type of talking therapies such as cognitive behavioural therapy (CBT) and/or medication if you need it.

HELIX (Healing Experiences of Loss and Trauma) is a specialist therapeutic service for women and birthing people in South East London who are experiencing persisting and severe emotional distress, or mental health difficulties more than 4 weeks after a pregnancy loss. To access this service, you need to be referred by a healthcare professional.

- HELIX via Oxleas NHS Foundation Trust – if you live in Bexley, Bromley or Greenwich
- HELIX via South London and Maudsley NHS Foundation Trust – if you live in Lambeth, Southwark, Lewisham or Croydon

Emergency and urgent mental health support

Having a mental health crisis means different things to different people.

If you feel so distressed that you want to harm yourself, or someone else or believe someone is trying to hurt you, please go to your local emergency department, where you will be seen by the on-call mental health team, or call 999 for emergency help.

If you need urgent help for a mental health crisis, you or one of our loved ones can contact the crisis team for immediate support:

- call 111 and press 2 to access 24/7 mental health support – tell them if you need a translator
- call 0800 731 2864 to speak to our 24/7 mental health crisis line for people in Croydon, Lambeth, Lewisham and Southwark
- call 0800 330 8590 to speak to our 24/7 mental health crisis line for people in Bexley, Bromley or Greenwich

Peer support groups

There are several charities that offer free support through various ways such as talking therapies, peer support and social media.

LGBT Mummies

For women and people from the LGBTQIA+ community who have experienced pregnancy loss.

www.lgbtmummies.com

Mariposa International

A leading UK and global charity providing bereavement support to anyone affected by baby loss.

www.mariposatrust.org

The charity's Saying Goodbye division provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy

www.sayinggoodbye.org

Support includes:

- befrienders service offering friendship, advice and access to information and further support if needed
- saying goodbye services of remembrance for anyone who has suffered the loss of a baby at any stage of pregnancy
- social media support via Instagram, Facebook, X, YouTube and Pinterest.

Miscarriage UK

Supports women and birthing people that are affected by pregnancy loss by providing support, information and research into pregnancy loss.

www.miscarriageuk.org

The Motivational Mums Club

This group offer a free trauma, mindfulness or meditation sessions for anyone who has experienced a pregnancy loss

www.motivationalmumsclub.co.uk

Muslim Bereavement Support

Provides free and confidential environment through trained female volunteers. They provide guidance in accordance with the Qur'an and Ahadeeth on the bereavement process, can provide small group sessions and support with funeral arrangements.

www.mbss.org.uk

Petals, Tommy's and Five X More

Petals has partnered with charities Tommy's and Five X More to improve access to its specialist counselling service for any Black or Black mixed heritage women and birthing people who have experienced pregnancy or baby loss within the last year.

www.tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service

General mental health resources

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Tel: 116 123 (free 24-hour helpline)

www.samaritans.org/

Shout

Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, start a conversation by texting the word 'Shout' to 85258.

www.giveusashout.org

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net