

SANDS - NATIONAL

- UK charity offering a variety of support options for anyone grieving the loss of a baby, including for parents, grandparents, siblings, friends or healthcare professionals
- General support for pregnancy or baby loss as well as specific support for men, those bereaved long-ago, those affected by TMFR and individuals from Black or South Asian backgrounds
- Support includes but is not limited to:
 - Support chat
 - Free helpline
 - Local support groups
 - Online support meetings
 - Online communities

PHONE HELPLINE - 0808 164 3332

EMAIL - helpline@sands.org.uk

WEBSITE - <https://www.sands.org.uk/>

HELIX - Healing Experiences of Loss and Trauma

- Specialist therapeutic service for women and birthing people living in Greenwich, Bexley or Bromley who are experiencing emotional distress or mental health difficulties following a perinatal loss
- This includes pregnancy loss (including early loss, miscarriage, termination or foetal anomaly), stillbirth or baby death up to 12 months, irrespective of how long ago these happened

PHONE - 07775 005 721

WEBSITE -

<https://greenwichcommunitydirectory.org.uk/services/helix-healing-experiences-loss-and-trauma>

EMAIL - Oxl-tr.Helix@nhs.net

AMBER CRISIS PREGNANCY CARE

- Registered charity that offers free and confidential advice
- Support to those struggling due to pregnancy loss after an abortion, miscarriage or failed IVF
- Client-focused counselling sessions
- Based in West Wickham

PHONE - 020 8462 9990

EMAIL - contact@amberpregnancy.com

WEBSITE - <https://www.amberpregnancy.com/>

we're **kind** we're **fair** we **listen** we **care**



Pregnancy Loss

Greenwich Mental Health
Support Resources



SAYING GOODBYE - NATIONAL

- Charity supporting anyone who has been affected by baby or pregnancy loss at any stage
- Provides comprehensive information, advice, support and much more
- Holds remembrance services across the UK
- Offers free online resources, peer support and bereavement guidance

PHONE - 0300 323 1350

EMAIL - support@sayinggoodbye.org

WEBSITE - <https://www.sayinggoodbye.org/>

MORE RESOURCES

THE MISCARRAIGE ASSOCIATION - NATIONAL

- Supports anyone who has been affected by miscarriage, ectopic pregnancy, or molar pregnancy including for women, partners and families
- Provides emotional support and guidance
- Offers information resources about miscarriage, coping strategies and medical care
- Runs support groups, helplines and online communities to connect people with similar experiences
- Advocates for better healthcare, awareness, and understanding of pregnancy loss

PHONE HELPLINE - 0303 003 6464

EMAIL - info@miscarriageassociation.org.uk

WEBSITE -

<https://www.miscarriageassociation.org.uk/>



PETALS - NATIONAL

- UK-based charity supporting individuals through pregnancy or baby loss
- Offers free specialist counselling for parents after miscarriage, stillbirth, or baby loss
- Supports both individuals and couples through grief and trauma
- Works with NHS hospitals to provide accessible baby-loss counselling
- Aims to ensure everyone affected by baby loss can access emotional support
- Funded by donations and fundraising to keep services free

PHONE - 0300 688 0068

EMAIL - contact@petalscharity.org

WEBSITE - <https://www.petalscharity.org/>

