



Losing a baby: How to get support



Paths

Support for birth
trauma or baby loss

Losing a baby



Losing a **baby** means that your baby has died.



It is upsetting and difficult.

Everyone's experience of losing a baby is different.



The feelings you get after someone dies are called **grief**.



It is normal to feel grief.

But sometimes it is too much to cope with alone.

This leaflet is about how to get help.

Your feelings

It is very normal to feel some or all of these things after losing a baby:



Shock

Especially if it was sudden and unexpected.



Denial

Believing that it hasn't really happened.



Sadness

Feelings of sorrow and emptiness.



Guilt

Thinking it was your fault.



Anger

Feeling angry, frustrated and helpless.



Missing your baby

Imagining life with your baby, longing for the life you had hoped for.



Fear

Feeling afraid of losing another baby.



Loneliness

Sometimes people stop seeing friends and family because of their loss.

These feelings can affect your physical health too.

For example:



Eating more or less.



Sleeping too much or too little.



Lack of energy for work and everyday activities.

Helping yourself

Each person's experience of losing a baby is different, but here are some ideas about things that might help:



Tell friends and family how you feel.

Share your feelings and ask for help.



Do things that help you to feel good.

Make time for friends and things you enjoy.



Do something creative.

Write a diary, make some art or some music about your feelings. This can help you to understand your feelings better.

Remember your baby

People remember in different ways.

Think about which of these ideas might feel right for you:



Make a book of photos and memories



Plant a tree



Visit their grave, memorial or other special place.



Light a candle on special days. Think about the love you feel for your baby.

Getting help



It can feel impossible to cope with grief without any help.

People can sometimes feel worse over time, not better. Here are some places to go for help if this happens to you:

Urgent help



If you are in danger, or are likely to hurt yourself or other people:



Call 999

Or



Go to your nearest Accident and Emergency department.

Get help from Paths



Paths

Support for birth
trauma or baby loss

Paths works in Calderdale, Kirklees, Wakefield and West Yorkshire.

Our therapists and midwives help people who have lost a baby.



You can go to a safe place or talk to Paths online.



They have translators if you need them.



Their special midwives and therapists can help you understand your feelings.



Read more about Paths on their website:

www.southwestyorkshire.nhs.uk/paths/

Contact Paths



Send them an email:

westyorkshirepaths@swyt.nhs.uk



Phone them:

07387 014024

Other useful telephone numbers and websites:



NHS 111

Phone: 111

Ask for mental health support.



Samaritans

Phone: 116 123



West Yorkshire Suicide Prevention

Visit their website:

<https://suicidepreventionwestyorkshire.co.uk/>



Forget Me Not Children's Hospice

Visit their website:

www.forgetmenotchild.co.uk/



If you would like to see this booklet in any other language please email or call Paths on:

westyorkshirepaths@swyt.nhs.uk

07387 014024

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق أو لغة أخرى، فيرجى الاتصال بـ Trust (Arabic).

اگر شما به یک نسخه از این اطلاعات در هر قالب (فرمت) یا زبان دیگری نیاز دارید، لطفاً با بنیاد (Trust) تماس بگیرید. (Farsi)

Ha a jelen információk másolatát más formátumban vagy nyelven szeretné megkapni, akkor kérjük, hogy lépjen kapcsolatba a tröszttel. (Hungarian)

ئەگەر پوونوووسی ئەم زانیاریانەت بە هەر زمان یان فۆرماتیکی دیکە پێویستە تکایە لەگەڵ ئیمە پێۆهندی بگرە. (Kurdish Sorani)

Jeśli potrzebują Państwo uzyskać kopię niniejszej informacji w innym formacie lub języku, prosimy o kontakt z Funduszem Zdrowia. (Polish)

Se necessitar de uma cópia destas informações em qualquer outro formato ou idioma, entre em contato com a Fundação. (Portuguese)

جے تہانوں ایس جانکاری دی اک کاپی دی کسے ہور فارمیٹ یا بولی وچ لوڑاے تے مہربانی کر کے ٹرسٹ نال رابطہ کرو۔ (Punjabi Pakistani)

Dacă aveți nevoie de o copie a acestor informații în orice alt format sau limbă, vă rugăm să contactați Trustul nostru. (Romanian)

اگر آپ کو اس معلومات کی ایک کاپی کی کسی دوسرے فارمیٹ یا زبان میں ضرورت ہو تو براہ مہربانی ٹرسٹ سے رابطہ کریں۔ (Urdu)