

Connect with us on  
social media:  
**@petalscharity**



**We also have four private Facebook groups:**

**Petals Together** is a place for anyone who has gone through pregnancy or baby loss: somewhere to connect with others with similar experiences. Request to join here:  
**[www.facebook.com/groups/petalstogether](http://www.facebook.com/groups/petalstogether)**

**Petals Dads** is for men only: it gives any man who has experienced pregnancy and baby loss a chance to meet other men who 'get it'. Request to join here:  
**[www.facebook.com/groups/petalsdads](http://www.facebook.com/groups/petalsdads)**

**Petals Grandparents** is a safe space for any grandparent who has experienced the loss of a pregnancy or baby in their family. Request to join here:  
**[www.facebook.com/groups/petalsgrandparents](http://www.facebook.com/groups/petalsgrandparents)**

**Petals PAL** is for any parents who are experiencing a pregnancy following the loss of a baby or pregnancy. Request to join here:  
**[www.facebook.com/groups/petalspal](http://www.facebook.com/groups/petalspal)**

Find out more about Petals at:  
**[www.petalscharity.org](http://www.petalscharity.org)**

Being a small charity, we rely on extraordinary people doing amazing things – including raising money to support our service. Fundraising is essential for us to be there for bereaved parents when they need us most.

Find out more about supporting Petals at:  
**[petalscharity.org/getinvolved](http://petalscharity.org/getinvolved)**

Reg. no. 07717126. Registered charity no. 1150375.  
Registered office: Unit 1, Tunbridge Court, Tunbridge Lane,  
Bottisham, Cambridge, CB25 9TU.



Providing **FREE, specialist counselling** to individuals and couples after pregnancy and baby loss.

## How Petals can help you

At Petals we provide specialist counselling to support parents who have experienced pregnancy or baby loss (including stillbirth, neonatal death, termination for medical reasons, miscarriage and pregnancy after loss).

Your Petals counsellor will help you to make sense of your loss on you personally, on your relationships, and on your future. The sessions will give you a safe and supportive space to work through your experience of loss, providing help and support on how to cope with day-to-day life as you move forward.

Sessions usually take place over video using a computer, tablet or smartphone and you can attend with or without a partner. We also run therapeutic support groups where you can meet others with similar losses.

## Common feelings after pregnancy and baby loss

Pregnancy or baby loss is often traumatic. You may feel sad, isolated, worried, depressed, angry, guilty or shameful. You may be lacking support and feel like you are dealing with your loss on your own. At Petals, we are here to help you make sense of what has happened, leading you to a place of hope for the future.



## How to access Petals' support

### Firstly, contact us:

Online: [www.petalscharity.org/counselling](http://www.petalscharity.org/counselling)

Call: 0300 688 0068

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***My counsellor is incredible. I owe her my life. She remains professional at all times whilst offering an open door during sessions and offers a level of understanding that I can't actually comprehend, she seems to know what I'm going to say or how to advise and support me even during the times that I say very little.***

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## Does Counselling help?

We speak to thousands of people who, like yourself, have experienced a life-changing pregnancy or baby loss. Our research shows that speaking to a counsellor helps people to feel less distressed and enables them to begin to come to terms with their loss, finding a way forward that makes sense to them. Nothing can fully take away your pain, but together we can help you to find a way forward and feel less alone.

Ideally, you can ask your Bereavement Midwife to refer you to Petals. Alternatively, you can use our self-referral form on the Petals website and we will contact you as soon as possible to let you know whether we can offer you a counselling assessment.

<http://www.petalscharity.org/referral>