

## Additional Sources of Support

We hope that you will find our group helpful in supporting you if you are grieving the death of a baby. Unfortunately, we are unable to offer helpline support between meetings at this stage. Below are some additional organisations offering support and information should you need it.

### Stillbirth and Neonatal Death Society (Sands) [www.uk-sands.org](http://www.uk-sands.org)

confidential telephone helpline providing a safe place for anyone affected by the death of a baby to talk about their feelings - the experienced helpline team is there to listen and give information:

t: 020 7436 5881 e: [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

### The Lullaby Trust [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

provides specialist support for bereaved families and anyone affected by a sudden infant death. bereavement support: 0808 802 6868 information & advice: 0808 802 6869

### Child Bereavement UK [www.childbereavementuk.org](http://www.childbereavementuk.org)

supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

helpline: 0800 028 8540



### Winston's Wish [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

offering support, information and guidance to all those caring for a child or young person who has been bereaved.

freephone helpline: 08088 020 021



### Compassionate Friends [www.tcf.org.uk](http://www.tcf.org.uk)

offer support after the death of a child of any age.

UK national helpline: 0345 123 2304 also by email at [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)



### Antenatal Results and Choices (ARC) [www.arc-uk.org](http://www.arc-uk.org)

offers non-directive information and support to parents before, during and after antenatal screening; when they are told their baby has an anomaly; when they are making difficult decisions about continuing with or ending a pregnancy, and when they are coping with complex and painful issues after making a decision, including bereavement.

helpline: 0845 077 2290 or 0207 713 7486 via mobile



### BLISS [www.bliss.org](http://www.bliss.org)

the bliss helpline is a UK wide confidential telephone service that offers a listening ear, emotional support and information to families whose baby is in or has been in neonatal care.

helpline: 0808 801 0322 (monday - Friday)

email anytime at [hello@bliss.org.uk](mailto:hello@bliss.org.uk) and bliss will get back to you within 3 to 5 working days

### The Miscarriage Association [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

provides support and information to anyone affected by pregnancy loss.

helpline: 01924 200799.

