

Support after pregnancy loss

Information and support for anyone going through pregnancy loss.

We're here for you if this happens. This leaflet outlines the types of support we have available.

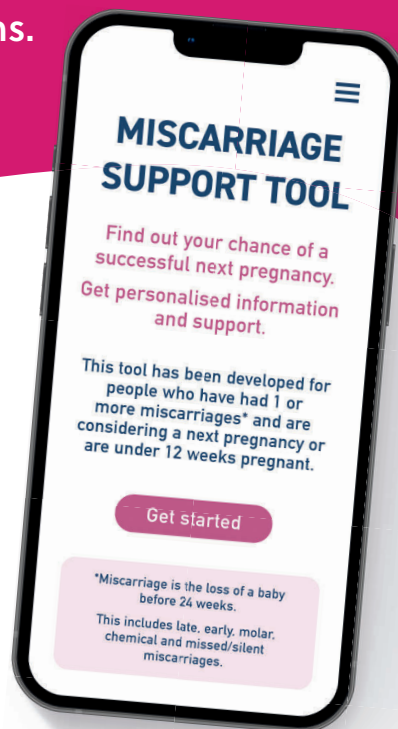
The Miscarriage Support Tool

For women and birthing people who have had 1 or more miscarriages and are considering a following pregnancy. Get tailored information and advice by using our Miscarriage Support Tool.

www.miscarriagetool.tommys.org



Use the
QR code



Tommy's
The pregnancy and baby charity

Working to save babies' lives and make pregnancy and birth safe for all

Our website is there for anyone who needs trustworthy and supportive information around loss.

Information and support after miscarriage

For those who think they are having a miscarriage now or for whom a miscarriage has been diagnosed but not happened yet.



Information and support after stillbirth

Information for women and birthing people and partners who have had a stillbirth, as well as:



- colleagues of those who have had a stillbirth
- family and friends of those who have had a stillbirth.

Information and support after neonatal loss

Information and support for those who have lost a baby in the 28 days after they are born.



Support groups

We run 2 peer-to-peer support groups on Facebook where you can connect with people who have had similar experiences:

- for people who have had a pregnancy loss
- for people who are pregnant after going through a previous loss.



Information and support after ectopic pregnancy

Information and support for those who have had an ectopic pregnancy.



Information and support after a termination for medical reasons (TMFR)

Information and support for those who have had a TMFR.



Tommy's midwives

if you need support after the loss of a baby in pregnancy, you can also call our team of Tommy's Midwives 9-5pm Monday to Friday on 0800 0147 800 or email midwives@tommys.org