

Counselling following the loss of your baby

An information guide



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Introduction

The loss of a baby is an extremely distressing event. We all grieve in different ways. Some people feel as though they can work through their grief quickly. For others it is a long, slow process. Some prefer to cope alone while others need the support of family and friends. Sometimes it helps to discuss your situation with someone outside your immediate circle.

What is counselling?

Counselling offers you the opportunity to talk about the things which are bothering you in a safe and private space. You can say as much or as little as you want without being judged or told what to do. It may help to reassure you that your feelings are normal and understandable.

Who can contact the counsellor?

The Women and Children's Counselling Service is available for all women, and their partners, who have recently lost a baby while they were patients of the Pennine Acute Trust. You can contact the counsellor by ringing our contact number. If the counsellor is busy you will be asked to leave your name and telephone number on a private voicemail and the counsellor will contact you as soon as possible to arrange an appointment.

How long can I see the counsellor for?

This will be agreed between you and the counsellor at your first visit.

What if I can't face going back to the hospital where it happened?

Some parents do find it difficult to return to the place where they lost their baby. If this is the case for you, tell the counsellor and they may be able to arrange a place where you can meet where you will feel comfortable.

Will anyone find out what I tell the counsellor?

As a rule everything you talk about with the counsellor is confidential. Personal information is not shared with your family, friends or hospital staff unless you have agreed to this. Occasionally it may be necessary to talk with other professionals but this would be discussed with you first.

Useful websites

Organisations who may be able to offer advice and support;

The Miscarriage Association. www.miscarriageassociation.org.uk

The Ectopic Pregnancy Trust. www.ectopic.org.uk

Antenatal Results and Choices. www.arc-uk.org

Stillbirth and Neonatal Death Society. www.sands.org.uk

The Child Bereavement Trust. www.childbereavement.org.uk

Lullaby Trust www.lullabytrust.org.uk

www.childrenofjannah.com

Contact details

You can contact the counsellor by ringing 0161 720 2969. If the counsellor is busy you will be asked to leave a message and the counsellor will ring you back as soon as possible. This voicemail is private and will not be listened to by anyone else.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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