



## COUNSELLING SUPPORT AFTER PREGNANCY LOSS

### PREGNANCY LOSS

Losing a child through miscarriage or stillbirth can be an utterly devastating experience and the loss can affect every area of your life. Because each of us is unique and we grieve in different ways, it is important that you are patient with yourself, as you mourn the loss of your baby. It takes time to learn how to cope with and work through the pain, and sometimes those around you don't know how to help you get through.

### OUR SERVICE

Jakin offers a free counselling service. If you are struggling with any emotions after your loss or if you just need a caring space to talk, Jakin has trained Pregnancy Loss Counsellors and Support Workers with whom you can talk confidentially. They will:

- give you the time & space to talk about your experience, however recent or long ago
- help you explore all the emotions you are feeling and help you make sense of them
- journey with you through your pain and support you as you grieve.

Quote from a client's thank-you letter: *"Losing babies is a sad, lonely and desperate time. Thank you for walking it with me when no-one else seemed to understand."*

### CONTACT US

Tel: 07599 397 938 Email: [support@jakin-counselling.co.uk](mailto:support@jakin-counselling.co.uk) [www.jakin-counselling.co.uk](http://www.jakin-counselling.co.uk)

Please call, text or email 9-5pm weekdays, whether you want to talk, know more about our service or wish to make an appointment. Our Counselling Coordinator will take the call (Please leave a message on the answerphone out-of-hours or if coordinator is unavailable as counselling). If you want counselling, she will arrange a telephone assessment with you to assess the best counsellor for your needs. Once you have committed to counselling, we hope you will understand that it is important that you keep your appointments, knowing that others may be on our waiting-list longing for their chance to get started.

### OUR VENUES

During the pandemic we cannot offer face to face counselling at our centres, so counselling sessions take place on the phone or through a video call if preferred. Although this is a new way of doing counselling for us, we find these sessions seem to be going well.

Please check our website for more information (we offer a reduced service in the school holidays)

SANDS offers special support for those who have had a stillbirth  
[www.uk-sands.org/support](http://www.uk-sands.org/support) 02074 365 881

The Miscarriage Association can be found online at  
[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk) 01924 200 799