

Support

Organisation	Contact details	Details
Cruse Bereavement Support	www.cruse.org.uk Tel: 0808 808 1677	Cruse Bereavement Support provide help to for anyone who is grieving. Telephone support is available 9:30am to 5pm Monday, Wednesday, Thursday and Friday and from 1pm to 8pm on Tuesday.
Five X More	www.fivexmore.org	Five X More is campaigning to end the disparity in pregnancy outcomes for Black women, compared to white women, in the UK. They work in partnership with Tommy's and Petals to provide bereavement counselling.
Hope Bereavement Support	www.hopebereavementsupport.com	Hope Bereavement Support offers culturally sensitive miscarriage and pregnancy loss support groups.
LGBT Mummies	www.lgbtmummies.com	LGBT mummies provide a community for support and guidance for those wishing to build families and have a miscarriage and baby loss support group on Facebook.
The Miscarriage Association	www.miscarriageassociation.org.uk Email: info@miscarriageassociation.org.uk Tel: 01924 200799	The Miscarriage Association provides support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy. Telephone support is available from 9am to 4pm Monday, Tuesday and Thursday and 9am to 8pm Wednesday and Friday.
Petal's	www.petalscharity.org	Petals, the Baby Loss Counselling Charity, delivers a free specialist counselling to people affected by trauma related to pregnancy loss, provision of which is dependant upon geographical location.
Sands	www.sands.org.uk Email: helpline@sands.org.uk Tel: 0808 164 3322	The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby. Telephone support is available from 10am to 3pm Monday to Friday and 6pm to 9pm Tuesday, Wednesday and Thursday evenings.
Saying Goodbye	www.sayinggoodbye.org Email: support@sayinggoodbye.org Tel: 0300 323 1350	Saying Goodbye provides information and support to anyone who has lost a baby in pregnancy, at birth or in infancy.
Tommy's	www.tommys.org Email: midwife@tommys.org Tel: 0800 0147 800	Tommy's is the largest UK charity researching the causes and prevention of pregnancy complications, miscarriage, stillbirth and premature birth. Telephone support is available free from 9am to 5pm Monday to Friday.