

Neonatal Bereavement

At this unbearably difficult time we hope you may find some of the resources below helpful.

SANDS: Stillbirth and neonatal death charity

SANDS offers bereavement support and grief counselling for anyone, including healthcare professionals, affected by the death of a baby. Resources include a helpline, support groups and online forum, booklets, memory boxes and an app.

Petals

Petals supports parents after the death of a child during pregnancy or birth. Support includes up to 6 hours of free grief counselling.

The Lullaby Trust

The Lullaby Trust provides bereavement support and grief counselling for parents after the sudden and unexpected death of a baby or young child.

Care for the Family

Care for the Family offers bereavement support for parents in the form of a community: shared stories, useful articles and a Facebook group. It also puts on events (online and offline) for bereaved parents.

Child Bereavement UK

Child Bereavement UK offers a helpline and a range of different resources, including books and films, that might help in a variety of different circumstances.

Cruse Bereavement Care

Cruse Bereavement Care also offers bereavement counselling and has a helpline.

Babyloss Awareness

Babyloss Awareness Week takes place in October every year and aims to raise awareness about pregnancy and baby death in the UK.

It is also a collaboration between charities and organisations working together for change and tangible improvements in policy, research, bereavement care and support available for anyone affected by the death of a baby at any stage. It hosts a very useful up to date list of a range of relevant support services.

The baby mailing preference service

This allows you to register to stop baby-related mailings.

The British Association for Counselling and Psychotherapy

A register of trained and accredited counsellors

The UK Council for Psychotherapy

A national register of psychotherapists and psychotherapeutic counsellors

Therapy Directory

A directory of complementary therapists in the UK

NHS counselling

You may also access counselling through the NHS.