

Life After Loss

(028) 9260 5578 www.lifeafterloss.org.uk

LINKS Counselling Service (028) 9521 1441

Text: 077 0636 0057 www.links counselling.com

Lullaby Trust

0808 802 6869 www.lullabytrust.org.uk

Little Forget Me Not Trust

Instagram - online programmes

Miscarriage Association 0192 420 0799

Email: magroupni@gmail.com

www.miscarriageassociation.org.uk

NI Children's Hospice

Horizon House, 18 O'Neill Rd, BT36 6WB

(028) 9077 7635 www.nihospice.org

SANDS NI Befriender

07740993450 NorthernIreland@sands.org.uk

SANDS NI

Email: helpline@sands.org.uk

0808 164 3332

Still Parents Podcast / Instagram**Strong Mums NI - Emily's Class**

Facebook - Healing Strength Programme

The Compassionate Friends

(028) 8778 8016 www.tcf.org.uk

The Samaritans

5 Wellesley Avenue, Belfast, BT9 6DG

Tel: 116 123

The White Butterfly Foundation

Facebook / Instagram - Counselling, workshops and events

The Worst Girl Gang Ever Podcast / Book

Tommy's 0800 0147 800 www.tommy's.org

Tommy's, The Pregnancy Loss Charity

Website / Instagram

Zoe Clark-Coates / Mariposa Trust

Facebook / Books / Website



South Eastern Health
and Social Care Trust

Bereavement Support

When a baby or child dies before or after birth parents can often feel overwhelmed by their sadness.

We extend our sympathy to you and appreciate that the days and weeks following the death of your baby/child can be bewildering and difficult.

Support

The Bereavement Support Midwives specialise in supporting parents who are experiencing baby/child loss. They will be able to inform you of the many options you have at this time and help you to make the many decisions required of you.

They work closely with the midwives, nurses and doctors in the Maternity Unit, Neonatal Unit and Children's Ward and any other people involved in your care.

If you would like to speak to the Bereavement Support Midwives, ask the ward staff to contact them or alternatively you can contact the Bereavement Support Midwives yourself by telephoning:

Jacqueline Dorrian / Susan Stitt
(028) 9056 4717

There is an answering machine, so if the Bereavement Support Midwives are not available, please leave a message and your call will be returned as soon as possible.

Everyone has individual needs following bereavement. You may not wish to talk to anyone for weeks or months, for some it is many months or even years before a need or the wish for further support arises. You can contact the Bereavement Support Midwives at any time in the future.

There are other organisations that offer help and support to bereaved parents. Some parents wish to be in touch with other families who have had a similar experience, whilst others want information or counselling. These organisational support groups are listed below:

Anam Cara 0780 165 4185 <https://anamcara.ie>

Antenatal Results & Choices

0845 0772 290 / (020) 7713 7486 www.arc-uk.org

Baby Loss Awareness

(020) 3897 6092 www.babyloss-awareness.org

Bereaved NI

NI Bereavement Network www.bereaved.hscni.net

Calm APP Grief Meditations

Child Bereavement Service - Barnardo's

Beechcroft Hospital, Foster Green Site Belfast

(028) 9066 8333 www.barnardos.org.uk

Child Bereavement UK

0800 028 8840 www.childbereavementuk.org

Email: helpline@childbereavementuk.org

Compassionate Friends

46 Derrymagowan Rd, Dungannon, BT71 6SY

(028) 8778 8016 www.tcf.org.uk

CRADLE Northern Ireland

Weekly group with 2 counsellors:

www.cradlecharity.org/connect

Parents Forum: www.cradlecharity.org/community

Cruse Bereavement Support

10 College Green, Belfast, BT7 1LN

(028) 9043 4600 www.cruse.org.uk

Counselling All Nations Services (CANS)

1 Stranmillis Embankment, Belfast 0759 613 9247

Dad's Still Standing

Podcast / Facebook / Instagram

Hospital Chaplain

Ulster Hospital, Dundonald

(028) 9048 4511 (ask for chaplaincy service)