

Petals



Petals



The Baby Loss Counselling Charity

Have you found yourself thinking:
Why me...? This isn't really happening...? If only...?
This will never get better...

Do you feel desperately sad, confused, guilty,
angry, lonely, jealous?

Are you having problems concentrating?
Communicating?

Is it hard to talk to your friends and family about
your loss?

To find out about free counselling sessions, email
Petals today: counselling@petalscharity.org

Or call **0300 688 0068**

(calls free of charge or charged at local rate)



Follow us on
[facebook.com/petalscharity/](https://www.facebook.com/petalscharity/)

Petals is a Charitable Company. Reg. no. 07717126.

Registered Charity no. 1150375

Registered Office: Unit 1, Tunbridge Court,

Tunbridge Lane, Bottisham, Cambridge CB25 9TU

The Baby Loss Counselling Charity



Find out more about our counselling service
www.petalscharity.org

Introducing Petals

Petals is a charity that provides a specialist counselling service for individuals and couples affected by any of the following:

- Stillbirth
- Neonatal death
- Trauma/depression following delivery
- Diagnosis of fetal anomalies
- Antenatal anxiety/depression
- Miscarriage
- IVF anxiety
- Fear of pregnancy/birth

Petals also aims to raise awareness of the importance of psychological care for parents who suffer anxiety, trauma or loss related to pregnancy or birth.

To find out more about our free counselling service, email us at counselling@petalscharity.org or call us on **0300 688 0068**

Our unique counselling service is delivered by professional, specialist counsellors. The service is funded by charitable means and provided free of charge.

We can offer you:

- Up to six one-hour counselling sessions for you and/or your partner that takes you through a recovery programme
- The opportunity to work with a professional counsellor who has experience of maternity care services
- A safe space to talk together, and process the unexpected experience you are having to come to terms with
- A professional relationship that can support you through a time that feels overwhelming and isolating
- Guidance and support on how to grieve, alongside continuing with day-to-day life
- Strategies to help you reconcile your thoughts and feelings of loss, so that you can begin to believe in a positive future – one that enables you to carry your loss in a healthy way



"I will always believe that counselling saved my life. I nearly gave up, but the support and genuine care that I felt from the counsellor made me believe that I could get through it..."

