

Follow us



Connect @petalscharity

**We also have three private Facebook groups:**

**Petals Together** is a place for anyone who has gone through pregnancy or baby loss: somewhere to connect with others with similar experiences. Request to join here:

[www.facebook.com/groups/petalstogether](http://www.facebook.com/groups/petalstogether)

**Petals Dads** is for men only: it gives any man who has experienced pregnancy and baby loss a unique and private forum to meet other men who 'get it'. Request to join here:

[www.facebook.com/groups/petalsdads](http://www.facebook.com/groups/petalsdads)

**Petals Grandparents** is a safe space for any grandparent who has experienced the loss of a pregnancy or baby in their family. Request to join here:

[www.facebook.com/groups/petalsgrandparents](http://www.facebook.com/groups/petalsgrandparents)

**Find out more about Petals at:**

[www.petalscharity.org](http://www.petalscharity.org)

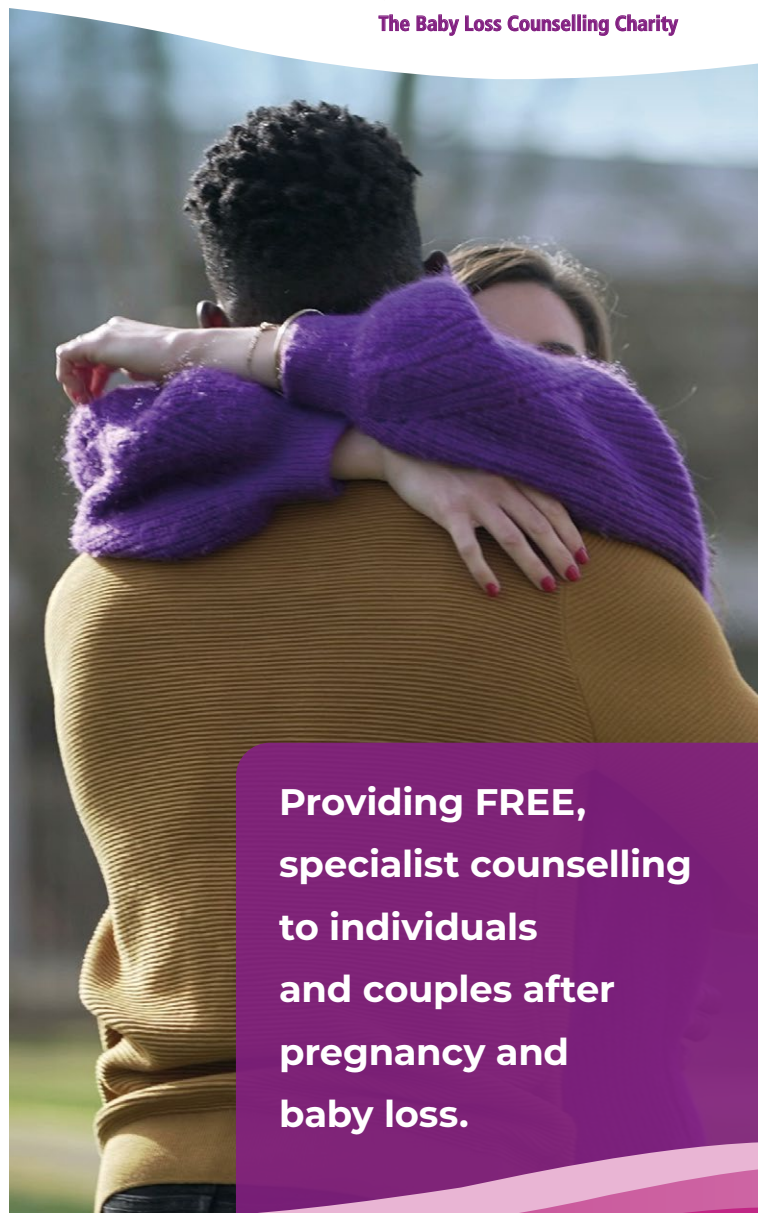
**Volunteer for us by joining Friends of Petals at:**

[petalscharity.org/friend](http://petalscharity.org/friend)

Being a small charity, we rely on extraordinary people doing amazing things – including raising money to support our service. Fundraising is essential for us to be there for parents when they need us most.

# Petals

The Baby Loss Counselling Charity



**Providing FREE,  
specialist counselling  
to individuals  
and couples after  
pregnancy and  
baby loss.**

Petals is a charitable company.

Reg. no. 07717126.

Registered charity no. 1150375.

Registered office: Unit 1, Tunbridge Court, Tunbridge Lane,  
Bottisham, Cambridge, CB25 9TU.

[www.petalscharity.org](http://www.petalscharity.org)



## How Petals can help you

At Petals we provide specialist counselling to support individuals and couples who have experienced pregnancy or baby loss (including stillbirth, neonatal death, termination for medical reasons (TFMR), miscarriage) and pregnancy after loss.

Your Petals counsellor will help you to make sense of the impact of your loss on you personally, on your relationships, and on the future. The sessions will give you a safe and supportive space to work through your experience of loss, providing coaching and support on how to cope with day-to-day life as you move forward.

## Common feelings after pregnancy and baby loss

Grief and trauma are commonly experienced after pregnancy and baby loss, alongside feelings of sadness, isolation, anxiety, depression, guilt and shame. There are also additional social and cultural factors that can influence how a person feels after losing their baby. Our specialist counsellors provide a safe and confidential space in which to explore these feelings while leading you to a place of hope for the future.

## How to access Petals' support

### Firstly, contact us:

Online [www.petalscharity.org/counselling](http://www.petalscharity.org/counselling)

Call **0300 688 0068**

**“ When parents experience baby loss, the impact on them and their surrounding family and community is so significant. Often, they don't know what to do, how to manage. Often, the families don't know how to support either. People want the parents to be ok. But they're not ok and they need to be allowed to not be ok. My work is often about allowing people to not be ok, to give them permission, and validate how they are feeling. ”**

**Petals Counsellor**

## Counselling for mental wellbeing

Our counselling service is highly regarded by those working within NHS maternity services and widely recognised as an effective programme of psychological care that supports and improves the mental wellbeing of bereaved parents following baby loss.

In 2019 we surveyed our clients - 96% said they would recommend Petals to a friend or family member should they also experience the loss of a baby.