

Pregnancy Loss Service

National Women's Health Social Work & Counselling Service

**Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi atu, Taloha
Ni, Ni Sa Bula Vinaka,**

**Greetings and Welcome to National Women's
Counselling and support following a pregnancy loss**

We are aware that this could be a difficult time for you.

You may wish to talk with one of us about some of the emotions you are experiencing, such as; anger, pain, despair, numbness, sadness or a sense of unreality.

These can be common feelings at this time.

'The best care we can give you is not to protect you from pain, but to support you through it.' – (Anon).

Other issues you may wish to explore could include:

- Clarifying are there legal requirements? (E.g. registration of birth/death).
- A funeral service or other special way to mark the life and death of your baby.
- Talking about the differences in grieving between men and women.
- Building memories of your baby.
- Strategies for coping.
- How to talk to your other children.

If we are unable to see you while you are in hospital, please do not hesitate to ask a staff member to contact one of us on your behalf. Alternatively you can phone one of us yourself when you get home.

We look forward to talking with you.

Phone **09 307 4949** Extension **25967**
Mobile **021 893 912**

National Women's Health
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