

# Want to know more?

If you want more information or to see someone, just ring us on (01509) 238 388. If you get our answer phone message, please leave your first name and number and we will normally get back to you in 24 hours.

Please note:-

We offer a reduced drop-in service during school holidays but you can still ring for an appointment on **(01509) 238 388**.

The Charis Centre  
Caring for women, caring for you  
**(01509) 238 388**  
[www.thechariscentre.org.uk](http://www.thechariscentre.org.uk)

Affiliated to CareConfidential



We welcome enquiries from men as well as women because we recognise that men can also be deeply affected by the loss of a baby.

It can also be hard for men to find someone to talk to confidentially. Whether you are a partner, father or a concerned relative, we are happy to talk to you confidentially and offer appropriate help where we can.



## Drop in

The Charis Centre operates on a drop in basis where you can visit us when we are open for a pregnancy test, support or information.

We are open at various places at various times.

Please visit our website or ring for current locations and times of opening.

[www.thechariscentre.org.uk](http://www.thechariscentre.org.uk)

**(01509) 238 388**

or

## Make an appointment

If you want to make an appointment with one of our advisors at a time and place convenient to you, then please ring us on **(01509) 238 388** or

## Speak to someone now

If you need a listening ear and you don't want to wait for our drop-in sessions or for an appointment, please phone our free national helpline

CareConfidential **0800 028 2228**

Or go online at [www.careconfidential.com](http://www.careconfidential.com) to speak with an online advisor

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# Baby loss?

## Miscarriage?

## Still Birth?

## Neo-natal death?



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# Your feelings

Losing a child - whether through miscarriage, still birth or neo-natal death - can be an utterly devastating experience.

The effects of grief can be overwhelming and can affect every area of your life.

Many women are engulfed by many differing emotions that seem very hard to bear.

Sometimes these feelings are very strong when you first lose your baby, but sometimes they can recur many months or even years later.

Because you and your circumstances are unique, you may be experiencing any of the following feelings:-

- You may feel devoid of emotion, numb, empty.
- You may feel a huge sense of loss.
- You may feel confused, lost, unable to cope with everyday life.
- You may feel depressed or deeply sad and disappointed.
- You may feel angry or anxious.
- You may feel you are to blame in some way.
- Because of your circumstances, you may feel relieved, or guilty because you feel relieved.
- You may be wondering if it's normal to feel as you do.

# Time

The important thing is to be patient with yourself. Allow yourself to recover from the physical and emotional effects of what you have been through.

Remember that each person recovers at their own rate.

Sometimes feelings can take a while to emerge, this is natural. In fact you may have lost your baby many, many years ago.

# Space

You may be wondering if it would help to talk to someone but you may not be sure who would understand.

At Charis our trained advisors can help you understand what you are going through. We can provide space for you to explore your feelings and thoughts.

Space to enable you to talk about losing your child and how this loss has affected you and your family.

Space to make sense of the emotions you are feeling.



# Help is at Hand

At Charis, you will find a trained advisor who has time to listen, someone who cares enough to help, someone who understands.

All our support is free of charge and confidential and you can come as many times as you need.

Please call and make an appointment or drop-in.

## **Other Charis Services**

We also offer:-

- Free pregnancy testing.
- Help and support with pregnancy choices.
- Adoption support.
- Free confidential support, if in the past you have had a termination.
- Listening service: post-natal depression
- Information on other local and national helping agencies
- Practical support for those who need it.