



# Sands Bereavement Support Services

Support for anyone who goes through  
pregnancy and baby loss



## About us



We offer support to anyone going through pregnancy and baby loss. This could be parents, grandparents, brothers or sisters.



This leaflet tells you about our **Bereavement Support Services.**

**Bereavement Support** means someone to talk about how you feel after pregnancy and baby loss.



We have specially trained staff who can help you share your feelings.

You can talk about how you feel and get help and support. We can support you for as long as you need.

# About our services



Sands support people in lots of ways, we have:

- our free telephone helpline that you can phone



- online local support groups and meetings run by our staff



- support groups on Facebook. We also have separate groups for groups of men and people who are Black or South Asian



- groups that help people going through baby loss to come together and support each other



- some local groups run activities like going on walks, football and singing

# Supporting parents and families

Some of the things we do to support and help parents and families are:



- help you to make a memory box about your baby. You can put things in it that help you remember your baby.



- give you all the information you will need



- print activities for children and young people to do

## Contact us:



You can call the helpline on:  
**08081643332**

If we do not answer your call, we will  
phone you back.



You can email us at:  
**helpline@sands.org.uk**



You can chat to us on our **Live chat** on  
our website:  
**sands.org.uk/support**

**Live chat** means sending and getting  
messages online.



Sands (Stillbirth and Neonatal Death Society).  
Charity Registered in Scotland SC042789, England and  
Wales 299679. We also operate in Northern Ireland.  
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