



## Patient Information Sheet: Grief & Loss after Miscarriage

*For Anyone Experiencing Difficulty Following a Pregnancy Loss*

### You Are Not Alone

Miscarriage can be a very difficult experience. Many people find that it takes longer to heal emotionally than physically. Grief is a normal response to pregnancy loss.

Although you may feel isolated in your experience, **you are not alone.**

Everyone's reaction is unique. Reactions to pregnancy loss can include the following:

- Anger
- Changes in Relationships
- Changes in Parenting
- Changes in Self Esteem, Sleeping, Concentration or Appetite
- Comfort or Calm
- Crying Spells
- Depression
- Disbelief
- Fatigue
- Fear or Avoidance of Children or Reminders
- Fixating on Another Child
- Flashbacks
- Guilt
- Helplessness or Feeling Supported
- Hopeful or Hopelessness
- Mixed, Frozen or Numbed Emotions
- Relief
- Sadness
- Thoughts of Suicide, Hurting Yourself or Others

### Your Experience Is Unique

Keep in mind that there is no right or wrong way to react.

There are no set timelines for processing emotions, grieving, and healing.

Your experience is unique. Grief is a process of healing. It is a way to find a new way forward.

### Where Can I Go for Help and Support?

If you are experiencing difficulty after a miscarriage, you may need some support. This may be soon after the miscarriage or much later on.

There are different types of support to choose from, for example:

- Talk to someone that you're close to, like your partner, a family member, or friend
- Anonymously visit websites like MiscarriageHurts.com
- Talk to a spiritual counselor
- Attend a bereavement support group
- See a mental health professional

Different resources work for different people. Many resources are free and others might be covered by health insurance. All of the resources will protect your confidentiality.

#### Acknowledgments:

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MiscarriageHurts.com

*A confidential website for anyone who has been touched by miscarriage.*