



HELD
IN OUR HEARTS



Baby loss counselling
and support

 0131 622 6263

 info@heldinourhearts.org.uk

 heldinourhearts.org.uk

   @heldinourhearts

Formerly known as:



We are so sorry that your baby has died or you have heard the news your baby will die. This is the most devastating news anyone can hear. Held In Our Hearts is a local charity providing baby loss counselling and support to families and we are here for you at this painful time.

At Held In Our Hearts the majority of our staff are bereaved themselves, so we understand the impact of baby loss and can empathise with the pain and shock you are feeling. We appreciate that this is an incredibly traumatic and lonely time, as you struggle to find others who can connect with the overwhelming emotions you are experiencing. With almost 40 years' experience of supporting bereaved parents, we will walk with you while you start to come to terms with what has happened, and will support you in your grief.

We also work closely with both hospital and community-based professionals to offer compassionate care and individualised support to you at this time. You can self-refer to our service or someone can refer on your behalf.

Befriending

Our befrienders offer one-to-one appointments in Edinburgh and the Lothians. Our befrienders are all bereaved parents and give compassionate and flexible support in person and also by telephone, email and through our private support groups on Facebook. If you are out with this area, we can help you find befriending in your local community.

Counselling

We offer one-to-one or couple specialist baby loss counselling. Counselling offers a therapeutic relationship to explore your grief in a structured way. Our counsellors are trained to guide you through

the grieving process, supporting you after the death of your precious and much-loved baby. This is an extension to all the other services we offer and can be accessed on its own or alongside other services. This service is free and open ended.

Group meetings

Group befriending meetings are held every month in Edinburgh and West Lothian. These meetings are a safe space for you to meet with other families who have shared experience and will be able to relate to the overwhelming emotions you are experiencing. There is never any pressure for you to discuss your loss if you do not feel ready to do so. You can attend these meetings regardless of where you live and these meetings will be of benefit to anyone who has been affected by baby loss. You can come together as a couple, or with another family member or friend.

We have a range of befriending groups for support including:

- Bereavement Support
- Support for Dads
- Antenatal Results and Choices
- Parent and Toddler Mornings
- Grandparents Support.

Dates of all our meetings are listed on our website.

The Miscarriage Association also has a support group which meets in our Edinburgh office for those who have had an earlier loss.

Funeral arrangement support

We understand the thought of organising a funeral for your baby is daunting and this may be the first funeral you have had to organise. We have supported many families during this time and can provide emotional support to guide you through the decisions you need to make.

For all our services, you can contact our office:

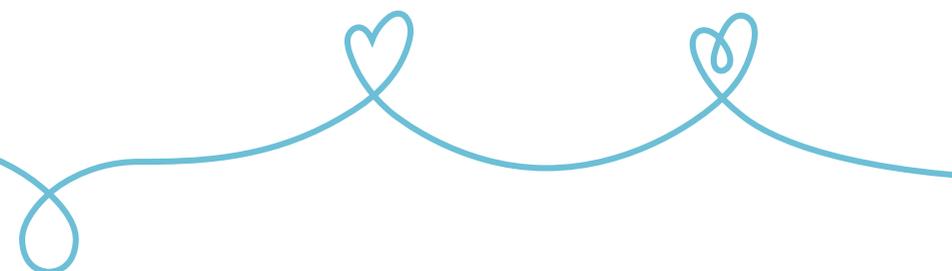
Craiglockhart Centre
177 Colinton Road
Edinburgh EH14 1BZ

The opening hours are:
9.00am to 4.00pm
Monday to Friday

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Love
Held in our hearts 





EMPATHY



CONNECTION



LOVE

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