

UK Mental Health & Crisis Support Following Baby Loss

Losing a baby can bring overwhelming feelings of grief, shock, anxiety, anger, guilt, sadness and hopelessness. There is no “right” way to grieve, and you do not have to manage this alone.

If things feel too much, **please reach out for support. You deserve help and someone to listen.**

If you feel you may harm yourself or you cannot keep yourself safe:

- **Call 999** or go to your nearest **A&E** if you are in immediate danger or need emergency help.
- **Call NHS 111 and select the mental health option** for urgent mental health support.
- **Samaritans – 116 123**
Free and available **24 hours a day, 365 days a year**. You can call whenever you need someone to talk to.

Support specifically following baby loss

Sands – 0808 164 3332

Sands provides support to anyone affected by the death of a baby, including parents, partners and family members. You can talk to someone who understands baby loss and bereavement.

Tommy's – 0800 0147 800

Tommy's provides support and information following miscarriage, stillbirth, ectopic pregnancy and other types of pregnancy loss. You can speak to a midwife for information and support.

You can also speak to your NHS team

You can contact your **GP, midwife, health visitor or maternity team** and tell them how you are feeling. You can ask for help even if you are unsure whether what you are experiencing is “serious enough”.

If you are struggling with your mental health, **you do not need to wait until things become a crisis before asking for help.**

You are not alone. You don't have to get through this on your own. Reaching out for help is a sign that you are looking after yourself.

Disclaimer: *The information and contact details in this resource were checked in September 2026 but may be subject to change. Please check the relevant organisation's*

website or NHS services for the most up-to-date information. This resource is for signposting and does not replace professional medical advice, assessment or emergency care.