

# ForWhen

## Feeling Heavy in Your Heart or Spirit?

Looking After Your Spirit During Pregnancy and Bub's First Year

### What is grief and loss?

Many of our mob carry deep stories of grief and loss. This can be from the past or something recent. When you're pregnant or caring for your bubs, those feelings can feel even stronger.

This isn't just "in your head". Grief and loss can affect everything — Sorry business can make you feel no good during this sad time.

### Grief is part of loving and losing

Having a baby is supposed to be one of happiest times of our lives. Yet to some, it can bring up deep memories of grief, loss and sorrow. Despite gaining so much joy, you can still feel empty.

### You might be feeling:

- Depressed
- Emotional and teary
- Misunderstood
- Anxious or scared

Your feelings need to be heard. You're not alone. Every step you take towards healing helps you and bub.

### When will I feel less sad and depressed?

Everyone feels grief and loss differently and no one knows how long it will take to heal our heart, mind and spirit. Yarning can help make sense of your loss and find sacred ways to honour grief.

Seeking help is a sign of strength – not weakness

"The pain we feel today is the strength you feel tomorrow"

*Let's give our bubs a strong start in life*

**1300 24 23 22**

### Grief and Loss – Sorry business

You don't have to walk with grief by yourself. There is culturally safe support available – people who walk alongside you. We connect you to people who get it and understand that you need to heal in your own time, your own way. Need a yarn? Reaching out early means you're giving your bub the best start and looking after yourself too.

Let us walk alongside you to connect you with the supports you needs. Call a Navigator or Aboriginal Family Support Worker today **1300 24 23 22**.

ForWhen receives funding from the Australian Government.

© ForWhen, 2025.

Designed by Jordan Lovegrove (Ochre Dawn)

Call 1300 24 23 22

