

What is Perinatal Loss

The loss of a bub, anytime from pregnancy until the early months of life, is known as a perinatal loss – it can be by miscarriage, stillbirth or born sleeping bub, termination or passing away of a bub. After the loss of a bub you can have some heartbreaking feelings. This is a sacred time for a bub to grieve – this is important Sorry Business time. You are not alone. These feelings are real after the loss of a bub. It is completely normal, and seeking help is an important next step.

Feeling sad, lost and just not yourself?

You are not alone. These feelings are real after the loss of a bub. It is completely normal, and seeking help is the best place to start.

You might be feeling:

- Shocked and numb
- Sad and depressed
- Worried and scared
- Empty and isolated

Your feelings are important - It's normal and okay to feel sad – your feelings let you know that you may need some support.

How will I heal my spirit after this loss?

This is a deeply personal journey and there is no right way to do this. It is important to seek help and give yourself much needed help, time and space to heal.

It hurts because it matters – you matter too

“There is no footprint too small that cannot leave a mark on our heart”

Let's heal together – walking side by side on this sacred journey

1300 24 23 22

Perinatal Loss – Too Hard To Yarn

Need a yarn but, don't know where to start? Yarning about your loss is a big part of healing.

Let's walk together to connect you with the support you need. 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

