



*We believe that there are three elements that will crucially help to process your experience, these are:*

**SUPPORTING YOUR OWN EMOTIONAL AND MENTAL HEALTH**

**KNOWING HOW YOU CAN SUPPORT YOUR PARTNER PHYSICALLY AND EMOTIONALLY**

**WHERE TO SEEK FURTHER SUPPORT**

## Further Support

### **FOR MORE INFORMATION**

[miscarriageassociation.org.uk](http://miscarriageassociation.org.uk)  
[maternityaction.org.uk/advice](http://maternityaction.org.uk/advice)  
[sands.org.uk/supporting-men](http://sands.org.uk/supporting-men)

### **FOR MENTAL HEALTH SUPPORT AND COUNSELLING**

[nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapy](http://nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapy)  
[counselling.co.uk](http://counselling.co.uk)  
[relate.org.uk](http://relate.org.uk)  
[cruse.org.uk](http://cruse.org.uk)

### **TO CONNECT WITH OTHERS EXPERIENCING PREGNANCY LOSS**

[thelegacyofleo.com/lgbt-baby-loss](http://thelegacyofleo.com/lgbt-baby-loss)  
[menshealthforum.org.uk](http://menshealthforum.org.uk)  
[dadmatters.org.uk/loss](http://dadmatters.org.uk/loss)



# PARTNER LEAFLET

## *You matter*

Sadly you and your partner have suffered a miscarriage. We are very sorry this has happened. Your partner has the physical trauma to deal with, but you have also suffered a loss.







## Supporting your own mental health

Miscarriage is the loss of pregnancy up to 24 weeks of pregnancy. Sadly, it is estimated that 1 in 5 pregnancies end in miscarriage and often the cause is unknown. You and your partner may never know why your miscarriage occurred which can be hard to deal with. Miscarriage is hardly ever caused by something you or your partner did, with the most common cause being problem with chromosomes.

Although both you and your partner have suffered a loss, after miscarriage you may find people ask about your partner and your feelings may be overlooked. You may have seen your baby on a scan or felt it move, or this may have been a long awaited pregnancy. You may feel:

- you have to be strong for your partner
- because you have not gone through the physical aspects of the miscarriage it is assumed you are less affected, and that your loss should not be treated as the same as your partner's
- a deep sense of loss or feel disappointed rather than distressed.

**IT IS IMPORTANT TO RECOGNISE THAT YOU AND YOUR FEELINGS MATTER. THERE IS NO RIGHT OR WRONG WAY TO FEEL ABOUT MISCARRIAGE, BUT IF YOU ARE STRUGGLING WITH GRIEF AND YOUR FEELINGS, IT'S FINE NOT TO BE OKAY AND ASK FOR SUPPORT. DETAILS ON FURTHER SUPPORT CAN BE FOUND OVERLEAF.**

## Supporting your partner physically and emotionally

Your partner may suffer heavy bleeding and you may see blood and blood clots. This may be something entirely new and frightening for you and your partner (even though they are used to having periods). Be informed on when action needs to be taken in the event of your partner exhibiting:

- rapid heart rate
- sweaty, wet skin that often feels cool to the touch
- little or no urine
- vomiting blood
- loss of consciousness
- soaks through a large pad in less than an hour

Any of the above signs or concerns should be immediately addressed with 111 or 999

A miscarriage is beyond your control and not something that is your or your partner's fault. You may be dealing with your own pain and shock, and seeing your partner in pain and distress may make you feel powerless. It may help to focus on what you can do and how you can support your partner. For example you can help by:

- taking on responsibilities such as caring for your partner, looking after children, extra household duties
- informing friends and family of your loss
- your partner may be faced with decisions about what to do next, such as whether to let the miscarriage happen naturally, whether to undergo medical intervention or surgery. These are difficult decisions and your partner may need emotional support
- you may need to take in the information from health professionals and ask questions.
- it may also be distressing for you if your partner undergoes surgery so, if possible, make sure you have a support network around you.