Counselling Services

BC Association of Clinical Counsellors

Search for a counselor who meets your needs at: bcacc.ca

Pacific Perinatal Foundation

See their website for counsellors and other supports: pacificperinatalfoundation.com

BC Bereavement Helpline

Available by phone Monday to Friday, 9 a.m. to 5 p.m., for grief support and resource referrals
Phone: 1-877-779-2223

Pacific Post Partum Support Society

Call or text for peer support:
Phone: 1-855-255-7999 | Text: 1-604-255-7999

See website for virtual peer support groups: postpartum.org



No two people's experiences of grief and loss are the same. There is no "right" or "wrong" way to feel after a loss.

Public Health Supports

The information in this pamphlet is meant to help individuals and families find resources and supports while grieving the loss of their baby.

Public health nurses can walk alongside you in this journey and help to connect you with resources or services in your area to support you during this difficult time.

Connect with your Local Public Health Unit

Scan this QR code with your smartphone to find your local health unit's contact information or visit: www.islandhealth.ca/our-locations/health-unit-locations

Health units are typically open Monday to Friday, 8:30 a.m. to 4 p.m., and closed on statutory holidays. Local hours may vary.

You are not alone.
We are here for you.



Online Resources

PSBC Learning Centre

Module 9: Living With Perinatal Loss, in *Journey 1: Pregnancy,* gives information about the process of loss and grief, ways to honour and remember your baby, and options after pregnancy loss.
Available from the Perinatal Services BC (PSBC) Pregnancy & Parent Learning Centre: learningcentre.perinatalservicesbc.ca/
Note: You must make a free Learning Centre account to access the content in this module.

Baby's Best Chance Book, from HealthLink BC

See **pages 54-55** for information on perinatal loss. The book is available online for free from HealthLink BC: healthlinkbc.ca

BC Women's Hospital

BC Women's has many resources for those who have experienced perinatal loss, including miscarriage or stillbirth.
bcwomens.ca/health-info/pregnancy-parenting/stillbirth-newborn-loss

Additional Resources

- **Empty Cradle Support Group**: emptycradle.bc.ca
- **Postpartum Support International**: postpartum.net
- **Sunnybrook Pregnancy & Infant Loss (PAIL) Network**: pailnetwork.ca
- **Dougy Center for Grieving Children & Families**: dougy.org

24/7 Crisis Lines

Vancouver Island Crisis Line
Phone: 1-888-494-3888
Text: 250-800-3806 (6 p.m. to 10 p.m. only)
www.vicrisis.ca

310 BC Mental Health & Crisis Response Support Hotline
Phone: 310-6789 (no area code needed)
www.crisiscentre.bc.ca

BC Suicide Prevention & Intervention Mental Health Crisis Response Lines
Phone: 1-800-784-2433 (1-800-SUICIDE)
Phone or text: 9-8-8
www.crisiscentre.bc.ca

KUU-US Indigenous Crisis Line Society
Phone toll-free: 1-800-588-8717
Youth Line: 250-723-2040
Adult Line: 250-723-4050
www.kuu-uscrisisline.com

Hope for Wellness Indigenous Helpline
Phone: 1-855-242-3310
www.hopeforwellness.ca

If you are in a situation that involves immediate risk of harm to yourself or others, please call 9-1-1.



Worldwide Memorial Candle Lighting

On the second Sunday in December, candles are lit worldwide at 7 p.m. (in your time zone) for one hour. As one candle burns down, another is lit somewhere else in the world, creating a wave of light to honour and remember all children gone too soon.
More info online at:
compassionatefriends.org/wcl/

Annual Butterfly Run & Support Network

The Butterfly Support Network hosts a yearly memorial 5K run and 3K walk to support those affected by perinatal loss and infertility.
More info online at: butterflysupportnetwork.ca

Pregnancy & Infant Loss Support Centre (PILSC)

Supports & connects people who have experienced miscarriage, stillbirth, Termination for Medical Reasons (TFMR), abortion, neonatal loss, SIDS, or infertility.
More info online at: pilsc.org

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Island Health

Perinatal Loss Supports

You need not walk alone as you navigate this journey. We have put together some resources that we hope may be helpful during this difficult time.

