

When joy turns to heartbreak

Pregnancy loss and healing

Miscarriage, stillbirth, and infant loss bring a grief that words can hardly describe.

There is no right way to feel—and no timeline for healing.

Support is available to help you navigate this pain, whether you need counselling, peer groups, or simply someone to listen.



Perinatal mental health support is available

Grief and healing in pregnancy loss

The pregnancy loss journey

Navigating the grief journey after a pregnancy loss can feel isolating and shameful for parents, especially for families carrying the experience alone due to outdated social practices or stigma.

Types of Early Pregnancy Loss

Early pregnancy loss is the most common adverse outcome of pregnancy.

Amongst this, missed miscarriage is the most common type of early pregnancy loss (42%), followed by 24% being spontaneous miscarriage.

The less common types of pregnancy loss are chemical pregnancy (10%), termination for medical reasons (9%), molar pregnancy (6%), anembryonic pregnancy (4%), incomplete miscarriage (3%), and molar pregnancy (2%).

It is estimated, around 300 Australians and their partners experience early pregnancy loss every day, totally over 100,000 people a year. One in four pregnancies are estimated to end in loss.

Helping with early pregnancy loss: Types of support

Here are some ways you could support the journey of pregnancy loss

Information around the physical and emotional aspects of loss

Reach out to your healthcare providers, such as GPs, obstetrician/midwife, fertility specialists, psychologists/counsellors, physios, or other allied and alternative health professionals. They can support your knowledge, help manage expectations, and plan treatment around your loss.

Support with practical aspects

Don't be afraid to ask for help with household tasks, childcare for your other children, cooking, and cleaning around the house.

Workplace support

The Fair Work Act (2009) was amended in September 2021 to extend its paid bereavement leave provisions to include people who are experiencing miscarriages and their partners. The amendment now allows two days of paid bereavement following their loss.

Speaking to a psychologist or counsellor

Speaking to a professional about your mental and emotional journey during trying times can support you and your family's wellbeing.



Red Nose organisation

Red Nose offers free, confidential services for parents, families, and friends navigating grief:

24/7 Grief Support Line: Speak with trained counsellors anytime at 1300 308 307.

Peer Support: Connect with others who truly understand your loss.

Counselling Services: Available in-person, online, or by phone.

Support Groups: Join compassionate groups for parents, siblings, and extended family.

Guided Healing Programs: Including the Hospital to Home program and Treasured Babies.

Resources

Download the Perinatal Grief & Loss Support Guide and find tailored help through [PMHweek.org.au](https://pmhweek.org.au)