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Caring for Yourself After Perinatal Loss

A Resource for Families



Saskatchewan
Health Authority



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Caring for Yourself

We are so sorry for your loss. The loss of a child is a life-changing event. Your healthcare team wants to ensure you and your family's time here is as comfortable and supportive as possible.

You may experience a range of emotions in the days, weeks, and months following the experience of stillbirth and loss of your baby. Sometimes, it is hard to discuss these feelings with others. Please know that hospital staff are available and willing to listen. A team of healthcare providers will care for you in the hospital. There may be doctors, midwives, nurses, and social workers. There may also be First Nations and Metis Health Services Providers such as Navigators and Spiritual Care. Please feel free to ask questions about your hospital stay, this booklet, or any health issues. We are here to help.

In the hospital, staff will place a special sign on your door. This helps staff to identify that you are suffering a loss and assists the staff in discussing your care with you.

Creating Memories

Memories and keepsakes are important after pregnancy loss. There are many ways to acknowledge your pregnancy or baby; collecting keepsakes may assist you and your family in remembering the loss. This may help with healing and provide comfort at this difficult time.

Your healthcare providers will help you obtain keepsakes of your baby to help you create memories. This may include:

- Private time to be with the baby and your family.
- Holding the baby or touching the baby.
- Photos, including family photos.
- Measurements of the baby.
- A lock of hair, hand or footprints, crib cards.
- Hats, clothes or blankets that your baby wore.

You and your family are encouraged to take the items home with you, even though it may be painful to think about them or ever look at these keepsakes. They are memories that are created to help you and your family. Although you may be overwhelmed or not ready to look at the keepsakes now. It is common to find such items comforting at a later time.



Warning Signs After Delivery



If you have 1 or more of the following symptoms call your healthcare provider, HealthLine– 811, or go to the Maternal Care Centre or the Emergency Department, nearest to where you live.

Bleeding:

- increased bright red and/or heavy vaginal bleeding (soaking **more than 1** sanitary pad in **1 hour or less**)
- passing large clots from your vagina (toonie-sized or bigger)
- bleeding from your caesarean incision (wound)
- vaginal bleeding that lasts longer than 6 weeks

Infection:

- chills and fever– temperature is 38°C or 100.4°F or higher
- bad smelling vaginal flow
- your episiotomy or perineum tear is red, swollen, sore and/or draining fluid (blood, pus)
- your caesarean wound is red, swollen, sore and/or draining fluid (blood, pus)
- your caesarean wound has opened
- painful, reddened breasts and flu-like aches, fever, and chills, cracked nipples that are not healing
- bad cramps or a sore abdomen that keeps getting worse
- burning or stinging when you pee or difficulty to pee

Pain:

- in your chest
- in your leg or legs
- sudden severe headache with or without dizziness and blurred vision
- severe or constant pain in your abdomen (belly) that is getting worse and is not going away
- an increase in pain around your vagina, perineum, or lower stomach.

Other:

- you cannot catch your breath for any clear reason.
- fainting or dizziness.
- red, uncomfortable, or swollen legs.
- problems seeing, such as blurred vision or spots in front of your eyes.
- not coping well and thinking of hurting yourself or others.

Reaction of Friends and Family

Your friends and relatives will grieve and have feelings surrounding the death of your baby. If the important people in your life are supportive, spend time with them. Being with people who care about you can be very helpful at this time. They want to extend their sympathy and comfort you.

Do not be surprised to find a wide range of reactions from friends and loved ones. Even though others mean well, they may not know how to express their concern and care. Some of your close friends may avoid you, or if they do see you, they may never mention the loss of your baby. Sometimes, their own discomfort causes people to make insensitive remarks. They are trying to help but may not know what to say. If this happens, sharing your feelings about these remarks with someone who cares about you and who you trust may be helpful.

As time goes by, you may find that your grief is forgotten by others. Friends and loved ones become involved in their own lives and often do not realize your continued need for support. Do not be afraid to ask others for help. Tell others what you need so that they can help and support you.

Emotions and Grieving

After a loss, each person will grieve differently. Emotional responses may include anger, sadness, guilt, concern, anxiety, loneliness, disbelief, loss, and numbness. These feelings are normal and part of the grieving process. We grieve when we are separated from someone important in our lives. The time following your baby's birth and death is one of the ups and downs. Feelings can remain strong for several months or longer. Pay attention to your feelings, which may be painful. Do not hold back if you feel like crying; it may help you.

Stages of Grief

People experience grief both physically and emotionally. There are 6 stages of grief. Not everyone experiences them in this order or goes through all the stages. There is no set pattern for everyone.

Each grief is unique; each loss is unique. These stages are meant to help normalize and validate what you, your partner, family and friends might experience or feel during this time of loss and grief.

1 Shock

Shock is the reaction that forms out of a feeling of disbelief, leaving a feeling of being numb. It is a natural reaction that serves to protect a person from being overwhelmed by feelings. The loss has not "sunk in" during this time, and things feel unreal. You may feel detached or dazed and have trouble experiencing emotions.

2 Denial

Denial is a period where a person wants to deny that the loss has actually happened. People close their minds to what has happened. The reaction is knowing something has happened but not wanting to believe it. It is hard to go from being pregnant and expecting a baby to losing a baby. Sometimes, when people are in denial, they push away everything connected with the baby they have lost. To keep uncomfortable feelings away, some turn to drugs and alcohol or plan a non-stop social schedule. These things cover up the pain for a while but do not get rid of it.

Stages of Grief (Continued)

3 Anger

Anger often occurs after denial in the grief phase. It may occur at any point during the grieving process. Anger might be directed at yourself, your family, or at a specific person. People may experience a spiritual crisis, feeling anger towards a Higher Power. Pent-up emotions tend to erupt, and frustration at having little or no control over the situation leads to feelings of anger. A person may feel short-tempered or feel that little things make them angry. Try to express your anger in healthy ways such as talking, exercising, punching pillows, or writing out your angry feelings. It is important to let your anger out in a healthy way. Bottled-up anger and frustration hurts the body, spirit, and mind.

4 Guilt and Bargaining

Whenever a major life event occurs, we usually wonder, “what if.” A person may question decisions or feel guilty for the choices made. When people feel guilt, they sometimes try to resolve the situation by bargaining with a higher power. Bargaining is a form of desperation in which people try to make deals to regain what is lost. In this stage, people try their best to cling to what they have lost, even though they know they can never get it back.

5 Depression

When a person realizes that efforts of avoidance and bargaining are not working, a period of depression generally sets in. There is a realization that there was no control in preventing the loss. People may turn away from loved ones, believing that no one can understand what they are going through or that no one can help them feel better. People may cry frequently, feeling despair, sadness, and exhaustion.

6 Acceptance

Acceptance occurs as a person learns to deal with the reality of the death and loss. When acceptance occurs, people regain some normal energy levels. There are feelings of interest in life again and they may take action to seek closure for what has happened. Coping with loss is ultimately a deeply personal experience.

Take Time to Grieve

You are not alone. Support is available to help you, your partner, and your family during this difficult time. It is important to understand all the emotions that you are going through, but others can be there for you and help comfort you through this process. The best thing you can do is to allow yourself to feel the grief as it comes over you. Resisting it only will prolong the natural process of healing.



[Image](#) designed by [FreePik](#)

There are many ways to deal with grief. Here are some suggestions:

- Take time for your partner and family.
- Talk to others. Let the people who support you know how you feel. Tell them what you need.
- Seek out others who have had an experience similar to your own.
- Talk with a counsellor, social worker or support group. Look in the Community Resources and websites at the back of the booklet.
- Take time to grieve. Do not avoid thinking about your loss. Spend some time working through your feelings.
- Put off major decisions for at least a year. Delay changing jobs or moving to another town until you feel certain this is a decision you want to make.
- Keep a journal.
- Write down your thoughts and feelings in a story or poem.
- Eat a balanced diet. Get enough sleep. Exercise.
- Avoid drugs and alcohol. Trying to numb emotional pain with drugs and alcohol only worsens the pain and may lead to further problems.
- Do not expect yourself to “just get over it”. Give yourself time and space to grieve.
- Spend time with friends and family members who support you.
- Hold a private ceremony or have a personal ritual each year on your child’s birthday.
- You may want to look at the mementos if you have them, for example, pictures, hand/footprints, blankets, and keepsakes.
- Set realistic goals for yourself, some that are easily within reach and some that will be more challenging. Working towards your goals helps you to move ahead.
- As you heal, share your experiences. You can help others.
- It is normal to have a strong sense of wanting to be pregnant again. It is recommended to give yourself time. It may be difficult to say hello to your next baby until you have said goodbye to this baby, and saying goodbye takes time. It is also recommended to speak to your healthcare provider to discuss the physical aspects of getting pregnant again.

Where I see myself in the stages of grief:

[For more information on the Stages of Grief](#)



[Government of Canada Grief and Loss Education](#)



[Moms and Kids Pregnancy and Infant Loss](#)



Maternal Mental Health

It is perfectly normal to experience feelings of sadness, depression or anxiety while pregnant, after giving birth or after an infant loss. 1 in 5 people experience difficulties with mental health related to pregnancy and childbirth. While some feelings are considered normal, other feelings and behaviours might mean that you should reach out for support.

Being aware of your mental health following your stillbirth and loss of a baby is important. While some feelings are considered normal, other feelings and behaviours might mean that you should reach out for support. The following definitions are common mental health concerns after giving birth.

The “Blues”

After giving birth, there is a change in your hormones. This can contribute to feelings of sadness, crying, mood swings, and anxiety. Although you may be sad with grief of your loss, some of the changes can be part of the body’s change in hormones. You may experience these feelings 2 to 3 days after the baby’s birth, lasting up to 2 weeks.

You may feel tired and unable to think clearly. Your feelings of grief and sadness caused by the loss of your baby cannot be diminished or expected to pass, however, even as your hormones normalize.

Depression

Although depression is an expected part of the grieving process, it is important to recognize that people who experience pregnancy loss are also at risk for postpartum depression. Postpartum depression is more serious than the “blues” or the depression stage of grief you may feel as you grieve. It is considered an emotional illness. Postpartum depression after the loss of a baby is more complicated by the fact that, in addition to the normal postpartum changes, you are faced with a devastating loss.

Postpartum depression can start right after the birth and up to one year following. It can affect you in many different ways. Feeling tired and listless, having sleeping problems, always eating or not eating at all, losing interest in the things you used to enjoy, and feeling sad and hopeless are all parts of depression. Experiencing anxiety can also be a symptom of depression.

People with perinatal depression feel lost and anxious - like they cannot cope. They have trouble sleeping and eating. They feel overwhelmed with guilt, shame, isolation, fatigue, and a sense of loss. They may have very scary thoughts.

Maternal Mental Health (Continued)

Anxiety

Anxiety can occur during pregnancy and following a loss. People may experience feelings of worry, irritability, or restlessness. The symptoms may also be physical, such as tiredness, headaches, or muscle tension.

When to Get Help

If you think you have postpartum depression or anxiety, you are not alone, and you can get better. Postpartum depression and anxiety can have negative effects on you and your family. Talk to your partner and your friends about how you are feeling. Remember – postpartum depression can affect anyone and can be treated. Some people may need medical treatment.

If you feel you are not coping well and/or thinking of hurting yourself or others, call your healthcare provider. There are many helpful ways to treat postpartum depression. The most important thing is to seek help.

What you can do:

- Talk about your feelings with your partner or a trusted friend.
- Stay away from stressful situations, if possible.
- Get lots of rest and do only what needs to be done.
- Take breaks and accept help from others.
- Cry when you need to - it is healing.
- Do something nice for yourself every day.

It is important to surround yourself with support. If you feel you are not coping well and/or thinking of hurting yourself or others, call your health care provider. It is important to seek help. Postpartum depression can be treated.

Thoughts and feelings I am having:

After Care and Healing

Vaginal Bleeding

After delivery, bleeding and discharge from the vagina is normal. It is usually small to moderate amounts and can last for 2 to 6 weeks. **Do not** use tampons during this time. Change your pad frequently. In the first 3 days, your bleeding is bright to dark red. You may notice that your flow increases when you stand up or increase activity. You may pass small loonie-sized blood clots during this time. As your uterus heals, the colour of your flow changes to pink or brown-tinged and becomes lighter.

Vaginal Discomfort and Perineal Care

The perineum is the part of your body between your vagina and your anus. After a vaginal birth, your perineum and vagina may be sore, bruised and swollen. The perineum may have torn or been cut by your healthcare provider during the delivery. When your healthcare provider has stitched the tear or cut, the stitches may be painful at first but will dissolve within a few weeks.

Perineal Care means rinsing your perineum with clean, warm water every time you urinate, have a bowel movement, or change your pad. Wash your hands before and after. Continue this routine until your bleeding stops or your perineum has healed. To clean the area, use the plastic squirt bottle you got in the hospital or take a bath in a clean tub.

How to Manage Pain and Discomfort:

- Ice packs: Use ice packs or frozen pads to relieve pain and lessen swelling. Wrap the ice pack or pad in a cloth, then place it on the perineum for 5 to 10 minutes. Repeat 3 to 4 times per day.
- Baths: Sit in a bathtub or plastic tub with plain warm water for 10 to 15 minutes and do this 2 to 3 times per day. Let it air dry. This will help to relieve pain and help with healing by keeping your perineum clean and dry. Make sure to clean the bathtub before you use it.
- Rest as much as possible.
- Use anti-inflammatory medication such as ibuprofen or naproxen as needed. (Speak with your health care provider and follow the directions on the container for appropriate dosage).
- Sit on a soft cushion.

Stitches

The stitches do not need to be removed. Stitches can take 8 to 10 weeks to dissolve and become absorbed. Please see a healthcare provider if you have any concerns or issues with your stitches.

Pelvic Floor and Tears

The pelvic floor is a group of muscles and tissue that extend from your pubic bone to your tailbone. These muscles support your pelvic organs. They are important in bowel, bladder, and sexual functions. These muscles can be affected by perineal tears. Tears are common and happen when a baby stretches the vagina during childbirth. See the section on pelvic floor exercises on page 18 for more information.

After Care and Healing (Continued)

Recovering From a Surgery

You may have had a Caesarean Section or another surgery as part of your delivery. Here are some extra things to consider after surgery.

- You will have some pain from the surgical incision. You will be given medication to help with this pain. For medication to take at home, speak with your healthcare professional.
- Stitches dissolve and do not need to be removed unless ordered by your healthcare provider.
- You may have steri-strips or small plastic tapes on your incision. Leave them alone and let them fall off on their own.
- Keep the area clean and dry. Wash the area gently in the shower and pat dry. You can bathe in the tub again when the surgical incision is healed.
- Do not lift anything heavier than 10 pounds (4.5 kg) for 6 weeks.
- Check your surgical incision for any openings, redness, swelling, drainage, or pain. Talk to your healthcare provider if you have any of these symptoms or if you have a fever.
- Ask your healthcare provider about the best way to return to regular exercise.

After Pains

After pains are cramp-like pains felt in the abdomen, similar to menstrual (period) cramps. These cramps are the result of the uterus returning to its normal size. They are more common and often more painful for individuals who have had previous pregnancies. After-pains should go away in 4 to 7 days. Talk to your healthcare provider if you need some medication to help with the pain.

Return of Your Period

It is hard to predict exactly when you will get your period back. Your first period may be heavier and last longer than normal, and there may be some clots. Periods may be irregular for a few months as your body gets back to normal.

Urinating

For the first 24 hours after birth, some people may find it difficult to urinate or feel stinging when they urinate. Some people cannot tell when their bladder is full. It may help to rinse your perineum with warm water while you urinate.

It is important for people to urinate often – about every 2 to 3 hours. This helps prevent infection and reduces bleeding problems. It is normal to urinate large amounts as your body gets rid of extra fluids.

You may experience some urine leakage for a few weeks or months after delivery. A cough, sneeze, or laugh can cause may cause this to happen. For most, this gets better.

After Care and Healing (Continued)

Bowel Movements

You may not have a bowel movement (BM) for up to 3 days after the birth. You may be anxious about this process, especially if you have stitches, but your stitches will not break. Constipation can lead to straining, which can affect healing. Using a stool softener [example: docusate (Colace) or PEG 3350 (Lax-a-Day)] can help with having a less painful first bowel movement. Continue to take a stool softener as you need to avoid hard stools. Stool softeners can be bought at a pharmacy or grocery store. Using a footstool or a large book to raise your feet while sitting on the toilet may be helpful. This position makes it easier to pass bowel movements. If you have stitches, you may find it comforting to support the area with a cool, clean, wet sanitary pad while having a BM.

To Help Promote Regular BMs:

- Drink lots of fluids.
- Get some exercise – walking is the perfect activity
- Eat foods with lots of fibre – fruit, vegetables, cereal, and whole grains.

Hemorrhoids

Hemorrhoids are swollen veins that bulge out of your bum. Pregnancy, pressure from the delivery, and constipation may cause them. They are often itchy, painful, and sometimes they bleed. Hemorrhoids usually shrink and disappear a few weeks after the birth. They may come back from time to time.

To Get Relief from your Hemorrhoid Discomfort:

- Perform good perineal care.
- Sit or soak in a warm bath tub.
- Apply hemorrhoid cream to the area. Talk to your pharmacist about using hemorrhoid medications.
- Rest on your side when possible. Do not sit or stand for long periods of time.
- Follow the guidelines above to promote regular, soft BM's. Avoid straining when having a BM.
- Talk with your health care provider if you do not get relief.

Postpartum Follow Up

You should arrange to see your healthcare provider 6 to 8 weeks after leaving the hospital. Write down any questions you have before the visit and take them with you. Writing questions or concerns down will help you to remember them.

It is important that you follow up with a healthcare provider after you are discharged from the hospital. Your healthcare provider will check that your:

- Physical healing progress has been normal.
- Uterus is returning to normal size.
- Surgical incisions or tears are healing.
- Breasts are healthy.

Your healthcare provider may:

- Go over your pregnancy and birth. Reports may be available for review and may give you more information.
- Help you select the most suitable method of birth control.
- Ensure that you have started the normal grief process. If the process has been delayed, your healthcare provider can assist you.

Questions to ask my healthcare provider at my next appointment:

Milk Production and Breast/Chest Discomfort

Hormones signal the body to make milk (lactation). Milk production can happen with perinatal loss even when pregnancy does not reach full term. Your first milk (called Colostrum) may be present in the breasts/ chest before or after birth. Milk production usually begins 24 to 96 hours after delivery. There are choices for managing milk production and related breast/chest discomfort.

Suppression: How to Help Your Body Stop Making Milk

Without breastfeeding or pumping, milk production stops on its own. It is the excess milk in the breasts/ chest that signals the body to produce less. You may feel like your breasts/chest are overfull with milk (engorged breasts), leakage of milk, or discomfort and pain.

Some treatments which may be useful for managing breast/chest discomfort include:

- Pain relievers like acetaminophen, ibuprofen or naproxen for pain (speak with your healthcare provider and follow the directions on the container for the appropriate dosage).
- Wearing a tight-fitting bra both day and night.
- Use of breast pads on the breast/chest for leaking.
- Applying ice packs every hour for 15 minutes to reduce swelling and pain.
- A hot bath or shower for comfort.
- Alternative treatments such as applying jasmine flower or cabbage leaves to the chest.

Milk Production and Breast/Chest Discomfort (Continued)

Medication to Suppress Milk Production - Cabergolin

Cabergoline (ca BER goe leen) is approved by Health Canada for the stopping or suppression of breast/chest milk production. It is an option that you may consider. It works to decrease a hormone that is responsible for milk production. It is recommended to take within 48 hours after birth or pregnancy. Talk with your healthcare provider if you are interested in taking this medication.

Milk Donation After Infant Loss

Losing a baby is a very difficult experience, and your choice to donate breast milk can be a meaningful way to honor your baby's memory. Milk donation may help with emotional healing. Many parents find comfort in knowing that their milk can help other babies in need. Donating milk can be a healing process, allowing you to turn grief into a positive action. Milk donation involves giving your milk to babies who may not have access to their own parent's milk. Your donation can provide essential nutrition and antibodies that help support their health and development.

For more information on milk donation in Saskatchewan:



Sex and Birth Control

You can have sex again when you are physically healed and emotionally ready. Grieving the loss of your baby can affect your readiness. It is important that you talk about sex and birth control with your partner. Talk with your healthcare provider if you have questions.

Go to these websites for more information on your birth control options:



Another Pregnancy

If you consider getting pregnant again in the future, you may receive advice from friends, family, or healthcare providers. Only you can make the decision and know when the time is right.

Here are some general guidelines that may be helpful in your decision-making process. There are 4 main areas to consider:

- 1 Take time to recover physically from your pregnancy. Let your body return to its non-pregnant state. Taking care of your physical well-being will support your recovery.
- 2 Take time for **emotional healing** and grieve your loss. The information in this booklet helps you understand your feelings over the next few months. It helps you to understand that being pregnant and grieving at the same time can be very stressful.
- 3 Take time to seek medical advice to address any questions or concerns. Do not be afraid to ask your healthcare provider.
- 4 **Put off making major decisions.** You will be more satisfied with your decisions if you wait until you feel that your thoughts and emotions have begun to stabilize.

Health and Wellness

Nutrition

It is important to eat well. The right food choices give you energy, prevent constipation, and help you maintain good health. After delivery, it takes time for your body to return to its pre-pregnancy weight. Healthy eating combined with regular activity helps you lose extra weight.

- Eat plenty of fruits and vegetables.
- Choose whole grain food options such as brown rice, brown bread and whole grain pasta .
- Drink 6 to 8 glasses (250 mL or 8 oz.) of fluid every day. Limit your amount of sugary drinks each day.

Health Canada: Eating Well with
Canada's Food Guide



Rest and Sleep

Rest is important for your physical health and emotional wellbeing. Your body needs rest and proper care to restore strength and energy.

- Rest as much as possible.
- Accept help from others and ask for help when you need it.
- Let minor household tasks wait.
- Try not to take on extra tasks.

Exercise

Exercise can help reduce stress, give you more energy, and may help you feel better. Exercise can tone your muscles and promote healing. Make regular exercise a part of your life. Walking is a great way to exercise. Start slowly and increase the length of your walks as you regain energy.

Ask your healthcare provider about the best way to get back to regular exercise. Stay away from **heavy** exercise until 6 weeks after the birth.

Health and Wellness (Continued)

Pelvic Floor Exercises and Physiotherapy

Pelvic floor exercises help to both strengthen and relax the pelvic floor muscles. Pelvic floor physical therapists are trained and experienced in treating problems with the pelvic floor. You do not need a referral to see a pelvic floor physiotherapist and you can call their office to make an appointment. Consider pelvic floor physiotherapy if you continue to have symptoms that affect you and when you **feel ready**.

Symptoms that may affect you may include:

- Pain.
- Pain with sex (called dyspareunia).
- Sexual health problems.
- Scarring.
- Feeling of urgency to have a bowel movement.
- Uncontrolled leakage of urine, gas or stool.

Clinics in Saskatchewan that
offer Pelvic Floor Therapy



Image by pikisuperstar on FreePik

Where to Find Help

Getting your life back in order after your loss is not easy. You may be overwhelmed with the physical and emotional reactions you have experienced. You may lack the motivation to work through your grief, or you might not know where to start. You are not alone. There are professional people available to help you understand and cope with your feelings. See below for a list of community resources and websites.

Hospital Resources

Medical Social Worker

Each family will receive at least one visit from a Social Worker. These professionals can help with a range of issues such as:

- Applying for leave from work.
- Applying for benefit reimbursement.
- Counselling while still in hospital.
- General coping.
- Linking you to community resources.
- Food vouchers and transportation.

Spiritual Care

Whether or not you have been affiliated with an organized religious group in the past, you may find yourself now searching for some answers. Seek help through your clergy or ask hospital staff for spiritual care contact numbers.

First Nation and Metis Health Services

You have the option to receive a visit from Indigenous focused members of the healthcare team, such as Navigators and Indigenous Birth Support Workers. Their purpose is to provide an integrated and culturally respectful approach to your care and help you navigate the healthcare system. Notify your nurse if you would like to connect with them.



[Image by BayuGondrong on FreePik](#)

Community Resources and Websites

Your Current Healthcare Provider

If you require healthcare services or support, talk to your doctor, nurse, midwife, or social worker.

HealthLine 811:

24 hour professional health advice and information line. **Dial 811 from any phone.**



Suicide Crisis Helpline 988:

A safe space to talk, 24 hours a day, any day of the year. **Dial or Text 988**



Downloadable 9-8-8 poster shared from <https://988.ca/get-involved>

For More Information on Community Resources and Websites

Scan the QR codes or Call.

Caring Hearts

Offers a variety of support groups and individual counselling for grief.



Counselling Connect Saskatchewan

Helping people find the right support in times of need through free access to rapid counselling sessions.



Domestic Violence Help Line

1-888-338-0880

Employee Family Assistance Programs

Offers counseling services through your employer; inquire through your workplace.



Empty Arms

Empty Arms is a charity that supports those experiencing the loss of a child from pregnancy through early childhood.



Moms & Kids Health Saskatchewan

A health care resource for moms and kids in Saskatchewan, supporting their health and well-being as close to home as possible.



PATHS

A list of Domestic Violence Emergency Shelters in Saskatchewan.



Pregnancy & Infant Loss

Helps people connect to support after infertility, pregnancy loss or infant loss.



Community Resources and Websites (Continued)

Public Health Nurses

A list of clinics throughout the province.



The Love Loss Project

Shining light on pregnancy and child loss.



Shelter Safe

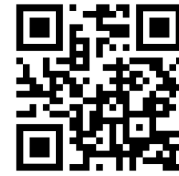
An online resource for women and their children seeking safety from violence and abuse.



The Caring Place

Phone: 306-347-CARE (2273)

Individual and Family Counselling.



The Compassionate Friends of Canada

A non-profit, non-denominational, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause.



Return to Zero: H.O.P.E

RTZ HOPE provides compassionate and holistic support for people who have experienced unimaginable loss during their journey to parenthood.



Twinkle Star Project

Providing meaningful support to families experiencing pregnancy and baby loss.



211 Saskatchewan

Connect with resources in your community offers a database of over 6,000 community, social, non-clinical health, and government services across our province.





CS-PIER-0232

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

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