

Wellbeing after Miscarriage programme

Supporting you after a miscarriage with mental health, physiotherapist-led sessions and exercise sessions specifically designed for post-miscarriage.



Scan the QR code with your phone camera



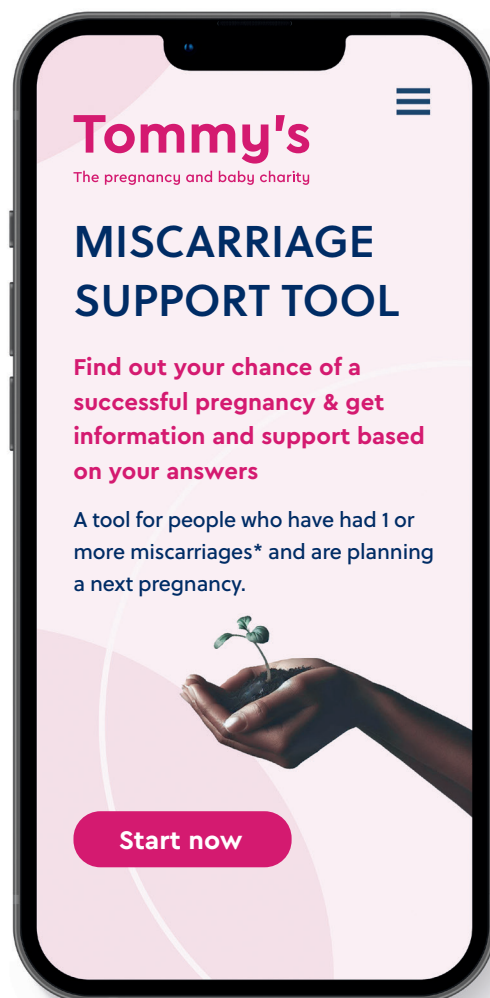
This free online programme includes:

- mental health support from specialist counsellor – addressing topics such as grief, bereavement, sleep and self-care strategies
- physiotherapist-led sessions to rebuild core strength and reconnect with your body after a loss
- exercise sessions specially developed for those who've been through a miscarriage, for all fitness levels.

MISCARRIAGE SUPPORT TOOL



Scan the QR code
with your phone camera
to use the tool.



Clinically validated tool, developed by the Tommy's National Centre for Miscarriage Research for people who have had 1 or more miscarriages. It will:

- tell you your chance of a successful next pregnancy
- give you information on tests and treatments that you should expect
- let you know about any actions you can take to reduce future risks.