

Miscarriage is a unique form of loss. Losing a pregnancy can cause complex feelings that demand your attention. Individuals and families may mourn the absence of a baby that they didn't have the chance to get to know. Strong emotions, especially grief, can linger long afterward.

## YOUR EMOTIONS

There is no right or wrong way to feel about your loss – whatever you feel is valid and ok. Your emotional and physical well-being is the most important matter right now. The intensity of complex feelings, especially sadness and grief following a miscarriage, is not related to how far along someone was in their pregnancy. Instead, the meaning of this pregnancy to a family or individual, at this point, deserves consideration. People must grieve the loss of their pregnancy and the loss of the future they imagined for themselves and their families.

Not everyone who experiences miscarriage will feel sad; some may feel relieved, confused or that their feelings are not valid, particularly if a pregnancy was not planned or wanted. Most likely, you will have many different feelings simultaneously, and your emotions are likely to change over time.

### COMMON FEELINGS AFTER A MISCARRIAGE

Some common emotions people feel after a miscarriage include:

- Grief and sadness
- Loneliness
- Numbness
- Anger and jealousy
- Confusion and shock
- Fear
- Failure
- Guilt
- Relief



Experiencing a miscarriage can be very difficult and there are support services available to help you. You are not alone.

## TAKING TIME OFF WORK

After your miscarriage, you may want to take some time to physically recover and to care for your wellbeing. This might mean taking leave from your work. Under the Australian Federal Government Fair Work Act, you are entitled to 2 days of paid bereavement leave if you or your partner have had a pregnancy loss. It is important to know that your employer can request a medical certificate for your leave. Some employers offer more than 2 days. Speak to your employer or human resources people. The company may have other policies and support in place for employees who have had a pregnancy loss.

## WHEN SHOULD I SEEK SUPPORT?

Like many others, you may be interested in knowing when normal worry, sadness, and stress following a miscarriage might become a mental health concern, such as a mood disorder, depression, or anxiety disorder. If you have concerns about your mental health or need someone to talk to, it is advisable to seek the assistance of a trained mental health professional, such as a psychologist, your GP, or other support services.

Pregnancy support counselling is available through referral from your GP for anyone who is pregnant or has been pregnant in the last 12 months (for each pregnancy). You are entitled to up to 3 x 30-minute sessions either with an eligible doctor, psychologist, social worker, or mental health nurse through Medicare. If you require ongoing mental health support, your doctor may assess your eligibility for a mental health care plan. This plan entitles you to up to 10 Medicare subsidised counselling sessions per annum.

You can learn more on our website by searching "when should I seek mental health care?" on the search bar or by scanning the QR code on the right.



## WHERE CAN I FIND SUPPORT?

There are many services in Australia to help support you. Some specialise in miscarriage loss or specific pregnancy loss scenarios, while some provide a broader range of perinatal, emotional and mental health care. You can find a list of these services by scanning the QR code or by visiting our website at [miscarriageaustralia.com.au/finding-miscarriage-support/](https://miscarriageaustralia.com.au/finding-miscarriage-support/).

