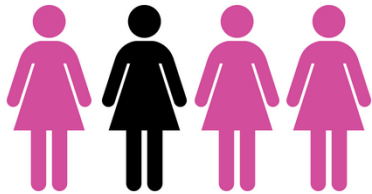




Pregnancy & Infant Loss
awareness month
— October —

1 in 4
WOMEN



experience

PREGNANCY OR INFANT LOSS



TIPS FOR SUPPORTING SOMEONE AFTER PREGNANCY OR INFANT LOSS

DO

Ask how they are and allow them to speak about their loss

Offer to help them with tasks around the house

Be present and let the mourner lead the way

Remember that there is no right or wrong way to grieve and that grief is a lifelong process



DON'T

Ask when they will have another child or remind them that they can get pregnant again

Use "at least..." statements

Avoid speaking about the loss

Stop supporting them after a certain amount of time

What is pregnancy loss?

Pregnancy loss is the death of an unborn baby (fetus) at any time during pregnancy. Most pregnancy losses happen during the first trimester. This is often so early that the mother doesn't even know she is pregnant.

About half of early pregnancy losses are from problems with genes or chromosomes. But other things can also play a role. It is usually not caused by anything the mother did.

Many grieving families have found the following to be helpful:

Seeing or holding the baby if possible in later pregnancy losses and with babies with a birth defect who die.

Remembrances. These include a lock of hair, hand or footprint, photographs, or naming of the baby.

Counseling with a professional who is experienced in grief counseling.
Holding a memorial or funeral service.

YOUR PREGNANCY LOSS MATTERS EVEN IF



NO ONE KNEW YOU WERE PREGNANT



YOU NEVER HEARD OR SAW A HEARTBEAT



YOU HAVE OTHER KIDS



IT HAPPENS TO A LOT OF WOMEN



YOU FEEL FINE NOW



IT HAPPENED A LONG TIME AGO



YOU WERE TOLD IT'S NOT A BIG DEAL



YOU WEREN'T TRYING



IT WASN'T YOUR FIRST LOSS



YOU DIDN'T GRIEVE FOR LONG



IT WAS YOUR FIRST LOSS



YOU WEREN'T TRYING FOR THAT LONG



Key facts

- Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group, yet these remain largely unrecognized and untreated.
- There has been a 13% rise in mental health conditions and substance use disorders in the last decade (to 2017).
- Approximately one in five people in post-conflict settings have a mental health condition.
- Two of the most common mental health conditions, depression and anxiety, cost the global economy US\$ 1 billion each year. Despite these figures, the global median of government health expenditure that goes to mental health is less than 2%.
- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.
- Approximately one in five people in post-conflict settings have a mental health condition.
- Suicide is the fourth leading cause of death among 15-19 year-olds.



The Effect

The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

Mental health conditions can have a substantial effect on all areas of life, such as school or work performance, relationships with family and friends and ability to participate in the community.

Promotion and prevention

Mental health promotion and prevention interventions aim to strengthen an individual's capacity to regulate emotions, enhance alternatives to risk-taking behaviors, build resilience for managing difficult situations and adversity, and promote supportive social environments and social networks.

