



THE SILENCE OF TFMR



A compassionate guide
to terminating a pregnancy
for medical reasons

Resources and Support Services for TFMR Parents

Counselling and Bereavement Support for TFMR

ARC (Antenatal Results and Choices) – www.arc-uk.org

Petals Charity (based in the UK) – www.petalscharity.org

White Candle Counselling (based in the UK) – www.whitecandlecounselling.co.uk

Erica Rozmid (international) – www.TFMRpsychologist.com

Erica also hosts a podcast called *Grief Street Pod*.

Leanbh Mo Chroí / LMC Bereavement Support (based in Ireland) –
<https://lmcsupport.ie>

Baby Loss Charities that Support TFMR

Sands – www.sands.org.uk | Helpline: 0808 164 3332

Tommy's – www.tommys.org | Helpline: 0800 0147 800

Petals – www.petalscharity.org

Aching Arms – www.achingarms.co.uk | Helpline: 07464508994

Lily Mae Foundation – www.lilymaefoundation.org | Helpline: 01676 535716

Teddy's Wish – www.teddyswish.org

Instagram Accounts for TFMR Parents

All of these accounts are for parents who have been through TFMR. Some share their own stories, while others are dedicated to working with TFMR parents to help support them in their journey forward.

- @thesilenceof_tfmr
- @life.after.tfmr
- @jdrouledge
- @flicksandredlips
- @thetfmrdoula
- @doctor_e_dsw
- @changedbygrief_tfmr
- @tfmrmaternalhealth
- @tfmrsocialworker

Time to Talk TFMR Podcast

Hosted by Hayley Manning, a psychotherapist who has been through TFMR herself.

- True stories from families who have gone through TFMR.
- Interviews with those who work with TFMR parents.
- Grief and mental health support.



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TFMR Mamas – @tfmrmamas | www.tfmrmamas.com

- Free monthly support groups for TFMR parents.
- A private Facebook group for TFMR mamas.
- Weekly support groups in intimate groups of six TFMR mamas with tools and support to process feelings, emotions, triggers and grief.
- Social media pages that normalize and humanize the very real and raw emotions that are felt when losing your baby to TFMR.

ARC Antenatal Results and Choices – @arcantenatal | www.arc-uk.org

- A helpline for UK-based parents: 02077137486
- Non-directive advice to those who need it while providing long-term support whatever the decision of parents.
- An in-house list of private counsellors, therapists and psychologists, so parents can be signposted to practitioners who specialize and/or are very experienced in working with one or all of the following: pregnancy and baby loss, birth trauma, pregnancy after loss, fertility issues, loss and bereavement.
- Phone and online support as well as a TFMR forum.
- The opportunity to connect with other TFMR parents.

Mariposa International / Saying Goodbye Charity – www.sayinggoodbye.org & www.mariposainternational.org

- Comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy.
- Support through befrienders and helping parents to find a counsellor in their area.
- Holds remembrance services across the world and online for parents who have lost their baby/ies.

Ellie's Gift App – @elliesgiftproject

An app specifically designed to support parents going through all forms of baby loss, including TFMR.

- Practical assistance to help families prepare and cope with baby loss.
- Mental health support and educational resources.
- Videos and MP3 tracks to support parents with coping.
- Mindfulness activities to complete.
- Access to mindfulness workshops, where you can work through your trauma with other parents in similar situations.