

# Have you experienced pregnancy loss?

1

## You're Not Alone.

One of four women have experienced pregnancy loss. If you're over the age of forty-five, the likelihood of miscarriage is one in two women.



2

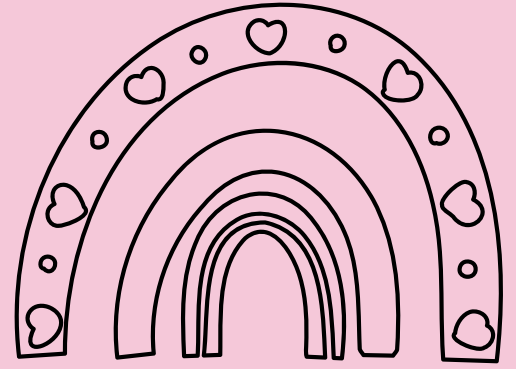
## Ask for Help from Your Doctor

Almost one-third of women who've miscarried go through a four-week period of acute stress disorder.

3

## The Stress You Feel is Real

The depression, the anxiety, and the dazed numb feelings are real.



4

## You might be part of the 28%

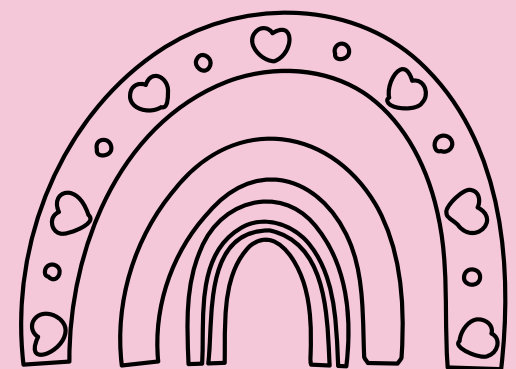


Flashbacks and panic attacks might be PTSD from your experience. Please tell your doctor and partner. This is not typical and professionals can help.

5

## Join a support group.

Sometimes just knowing you don't have to explain yourself to one more person makes all the difference. They get you.



6

## Find the right counsellor for you.



There are many types of therapy. Consider Equine Assisted Therapy or Art Therapy if you find yourself unable to verbalize what's going on inside as a starting point.

# Website Articles

<https://www.goodtherapy.org/blog/creating-rituals-to-move-through-grief/>  
<https://www.psychologytoday.com/ca/blog/supersurvivors/201909/the-power-rituals-heal-grief>  
<https://evolvreatment.com/blog/art-therapy-trauma/>  
<https://drsarahallen.com/miscarriage>  
<https://postpartumprogress.com/13-things-you-should-know-about-grief-after-miscarriage-or-baby-loss>  
<https://www.healthline.com/health/miscarriage-counseling-from-a-therapist#2.-The-grief-is-real>  
[https://vtechworks.lib.vt.edu/bitstream/handle/10919/23167/Ham\\_TM\\_T\\_2013.pdf](https://vtechworks.lib.vt.edu/bitstream/handle/10919/23167/Ham_TM_T_2013.pdf)

## Phone Numbers

Focus on the Family Canada  
To book your appointment by phone,  
please call us at 1.800.661.9800 between 8 a.m. and 4 p.m. PT  
and ask to speak with the care associate.

9-8-8

8-1-1

tel:1-855-242-3310

Hope for Wellness Helpline (Indigenous)

(Canada) Kids Help Phone

24/7 Hours

1-800-668-6868

Text 686868

(North Saskatchewan) Northeast Crisis Line

24/7 Hours

1-800-611-6349

(North Saskatchewan) Piwapan Women's Centre – Crisis Line

24/7 Hours

306-425-4090

Prince Albert Mobile Crisis Unit

Monday – Friday 4:00 pm – 8:00 am

Saturday & Sunday – 24 hours

306-764-1011

Regina Mobile Crisis Services – Crisis Line

24/7 Hours

306-525-5333

Saskatoon Mobile Crisis

24/7 Hours

306-933-6200

## Books

Adriel Booker, Amber Haines (Foreword) About What Was Lost: Twenty Writers on Miscarriage, Healing, and Hope

Jessica Zucker I Had a Miscarriage: A Memoir, a Movement

Liz Mannegren, Embrace: Clinging to Christ Through the Pain of Pregnancy Loss

Tamara J. Wanner 'Rainbow Baby: Unravelled by Loss'