

Organisation	Contact Info	Support Provided
Held In Our Hearts	Website: www.heldinourhearts.org.uk Email: info@heldinourhearts.org.uk Phone: 0131 622 6263	We are an Edinburgh based charity providing specialist baby loss counselling and peer support to families who have experienced pregnancy or baby loss in Scotland.
Sands	Website: https://www.sands.org.uk/support-you/ Email: helpline@sands.org.uk Phone: 0808 164 3332	Sands works to save babies' lives and to ensure that, when a baby does die, anyone affected gets the care and support they need.
Simba	Website: www.simbacharity.org.uk Email: memories@simbacharity.org.uk Phone: 0131 353 0055	SiMBA is about memories. Whether a baby died recently or long ago we have Memory Boxes to honour all babies.
Antenatal Results & Choices (ARC)	Website: www.arc-uk.org Email: info@arc-uk.org Phone: 020 7713 7486 (10 - 5.30 pm Mon – Fri) Evening Service: 8 – 10pm Tue & Thurs (email us to arrange a call) Text number: 07908 683004	Antenatal Results & Choices (ARC) is a national charity providing support to individuals bereaved following the loss of a baby as a result of a prenatal diagnosis, this loss may be recent or many years ago.
The Miscarriage Association (MA)	Website: www.miscarriageassociation.org.uk Email: info@miscarriageassociation.org.uk Phone: 01924 200799 (Mon-Fri, 9 am – 4 pm)	The Miscarriage Association provides support and information for anyone affected by miscarriage, ectopic or molar pregnancy through their helpline, leaflets, support groups and a range of online resources.
Scottish Care & Information on Miscarriage (SCIM)	Website: www.miscarriagesupport.org.uk Email: miscarriagescotland@gmail.com Scottish Care & Information on Miscarriage 285 High Street Glasgow G4 0QS Phone: 0141 552 5070 or 0797 255 4120	We offer therapeutic counselling support for women and families from all over Scotland following miscarriage.
Twins Trust	Website: www.twinstrust.org Email: enquiries@twinstrust.org Phone: 01252 332344	Twins Trust supports families with twins, triplets and more, as well as those who have suffered a bereavement during or after pregnancy.