

## Perinatal and Infant Loss

### Getting support from people you know

#### From family and friends...

- Think about what might and might not be helpful to you at this time.
- Think about who can best support you. This might be one or two trusted family members or friends who are able to listen and be with you as needed.
- Ask someone to check in regularly with you, even if you don't feel like talking or having company.

#### If you work outside the home...

- Ask your healthcare provider for a letter supporting a leave of absence for your employer.
- Ask your employer or healthcare provider (or ask a friend or family member to inquire on your behalf) about leave, Employment Insurance (EI) benefits, or other benefits available to you through your provincial or territorial government.
- Your co-workers can support you best when they know what you need. Whether or not they knew that you were pregnant, think about what you want or do not want them to know and what you want or do not want to hear from them, either while you are off or when you return to work.

*For example, you may want them to say nothing, or you may prefer an acknowledgement but no uninvited conversation.*

*You may feel okay about more open discussion but want to provide them with a "helpful vs. unhelpful things to say" list.*

#### Neighbours and acquaintances...

- If people living near you were aware of your pregnancy or witnessed emergency services visiting your home, you may want to prepare yourself for questions or expressions of concern.
- If you have a trusted friend in your community, consider asking them to act as your spokesperson until you feel ready to speak with people yourself.