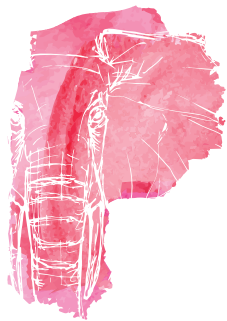


sorry
FOR YOUR LOSS

THE
pink
elephants
SUPPORT NETWORK





hello

Firstly, we are so very sorry for your loss and that you are having to experience this heartbreak. You have probably barely had time to process the news you've just received, so take all the time you need, be kind to yourself and when you are ready, we are here to help.

The Pink Elephants Support Network is a not-for-profit group who have been where you are and understand what you're going through. Our aim is to be there for all women who are experiencing miscarriage and pregnancy loss, to support you through your grief, nurture you as you heal and empower you as you move beyond. At this time however, our primary concern is ensuring that you don't feel alone and unsupported, unsure of where to go or what to do next.

Our website is a hub of information and support which we encourage you to visit and explore. We have created some useful resources that are available on our site, which may be helpful for you as you navigate the next few weeks or even months.

www.pinkelephants.org.au

You can also find us on Facebook. We invite you to come and join us there and become part of our community. Miscarriage is an individual journey but one that should not be walked alone.

Take care,

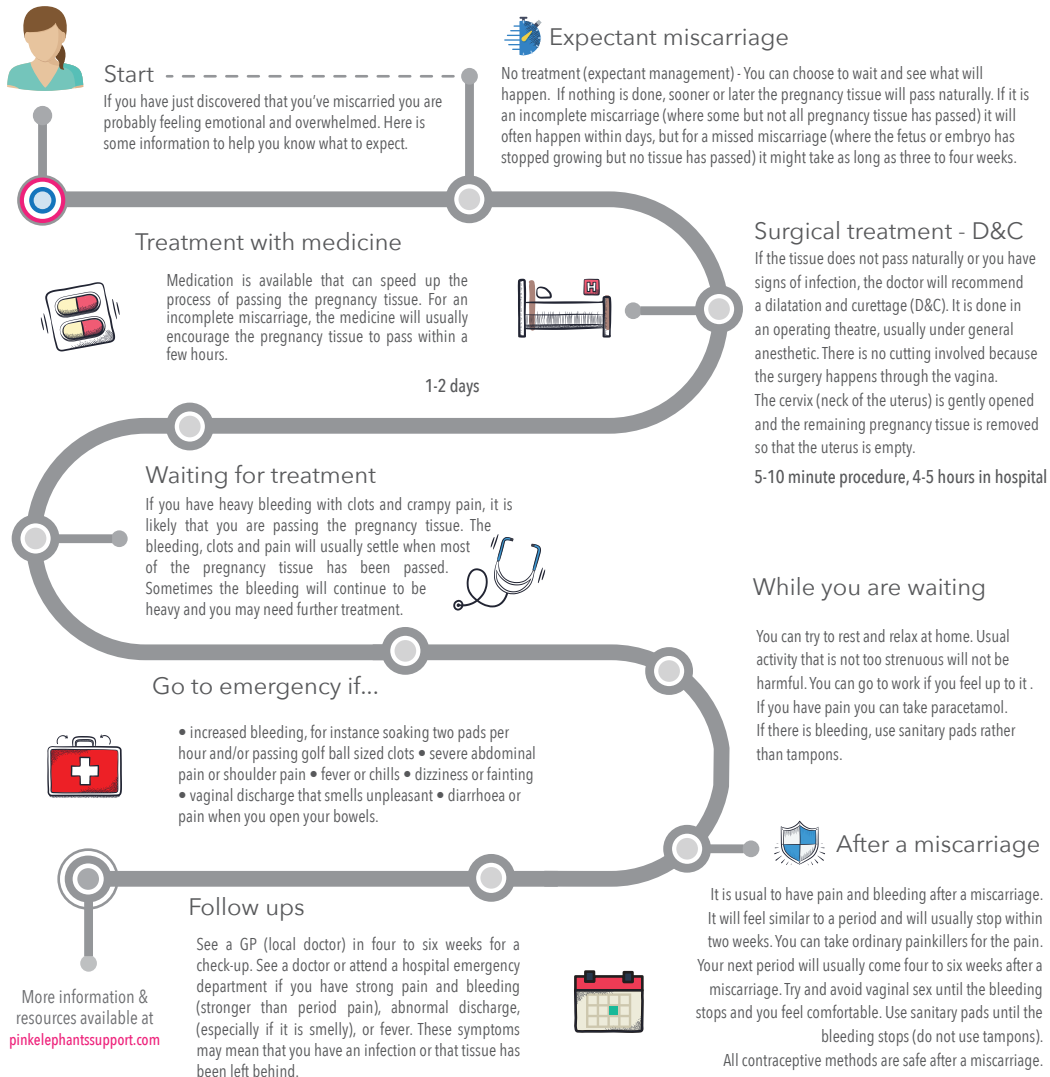
The Pink Elephants Support Network

A warm, gentle hug



Treating Miscarriage

If a miscarriage has begun, there is nothing that can be done to stop it. Any treatment you have will be aimed at avoiding heavy bleeding and infection. A discussion with your doctor or nurse will help you to work out which treatment options are best and safest for you.



This information does NOT replace your Healthcare Professional's advice.

Please seek Medical advice if you have any concerns. Please discuss all the options with your Healthcare Professional.

Visit our website to find
information and resources
www.pinkelephants.org.au



Our website has been designed to allow you to navigate to information dependent on where you are at on your miscarriage journey.

Find a selection of downloadable resources online at pinkelephants.org.au



You can also reach out to us on Facebook or follow us on Instagram. Our online communities are a safe haven of understanding and support. Know that you are not alone.

We provide this information on the understanding that all persons accessing it take responsibility for assessing its relevance and accuracy. Women are encouraged to discuss their health needs with a Healthcare Professional. If you have concerns about your health, you should seek advice from your Healthcare Professional or if you require urgent care you should go to the nearest hospital Emergency Department. The Pink Elephants Support Network, Sept 2017.

© Copyright The Pink Elephants Support Network, 2017. All rights reserved. PESN0024