



# MEN AND MISCARRIAGE

AN INFORMATION LEAFLET BY CHOICES. ABERDEEN

## MEN AND MISCARRIAGE

Struggling with upsetting thoughts over a miscarriage? Men may feel forgotten or assumed to be unaffected by a miscarriage as the focus is often on the woman alone.

## CHOICES OFFERS A RANGE OF SERVICES:

- Online counselling
- Telephone counselling
- One-to-one sessions

To talk to someone today,  
please call: **01224 624900**  
or email [mail@choicesaberdeen.org.uk](mailto:mail@choicesaberdeen.org.uk)

## AFTERWARDS

Supporting a woman through miscarriage is often a primary aim; however, a man's pain and grief can lay buried or put aside.

Sometimes it is difficult to express thoughts and feelings such as anger, shock, confusion, sadness and guilt. It's normal to feel a mixture of feelings and allow time for grieving.

Difficulties in communication may accompany miscarriage with a feeling of helplessness of not knowing what to say or do.

It's okay to acknowledge loss and be able to talk about it with empathic people who are willing to listen. The opportunity to talk honestly, surrounding the issues of miscarriage, can help to process thoughts and feelings and handle things better.

### RESOURCES

1 [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)



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*Promoting and Supporting Positive Relationships*

**01224 624900**

**mail@choicesaberdeen.org.uk**

**Credo Building | 14-20 John Street | Aberdeen | AB25 1BT**

**www.choicesaberdeen.org.uk**

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