

Organisation	Contact Info	Support Provided
Held In Our Hearts	Website: <a href="http://www.heldinourhearts.org.uk">www.heldinourhearts.org.uk</a> Email: <a href="mailto:info@heldinourhearts.org.uk">info@heldinourhearts.org.uk</a> 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: <a href="https://www.sands.org.uk/support-you/">https://www.sands.org.uk/support-you/</a> Email: <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a> 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: <a href="http://www.simbacharity.org.uk">www.simbacharity.org.uk</a> Email: <a href="mailto:memories@simbacharity.org.uk">memories@simbacharity.org.uk</a> 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: <a href="http://www.arc-uk.org">www.arc-uk.org</a> Email: <a href="mailto:info@arc-uk.org">info@arc-uk.org</a> 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: <a href="http://www.miscarriageassociation.org.uk">www.miscarriageassociation.org.uk</a> Email: <a href="mailto:info@miscarriageassociation.org.uk">info@miscarriageassociation.org.uk</a> 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.
Twins Trust	Website: <a href="http://www.twinstrust.org">www.twinstrust.org</a> Email: <a href="mailto:enquiries@twinstrust.org">enquiries@twinstrust.org</a> 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.