



**Love Is Always There  
You Are Not Alone**

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## Introduction:

While waiting for the arrival of a new life is always exciting, the sudden loss of an unborn baby or a newborn baby is a great setback. The heavy blow is heartbreaking and accompanied by the feeling of helplessness, as well as negative impact on health, behaviour, the mind and emotions to a certain extent.



By providing relevant and useful information, we hope you know we are on hand to help you turn over a new leaf with confidence and positive energy.

*The best & most beautiful things in the world cannot be seen,  
nor touched, but are felt in the heart. Helen Keller*

## The stages of grief experienced after losing your loved one:



Denial: What happened is unbelievable or unacceptable.



Anger: Why did it happen to me? Why didn't I or someone else prevent this from happening?



Bargaining: You are willing to compromise in the hope of reversing the misfortune, so that things are taking a turn for the better.



Depression: You feel disappointed, frustrated, hopeless and helpless when the fact cannot be changed.



Acceptance: You accept the fact and return to the right track (stay calm whenever thinking about the death of the unborn/newborn baby).

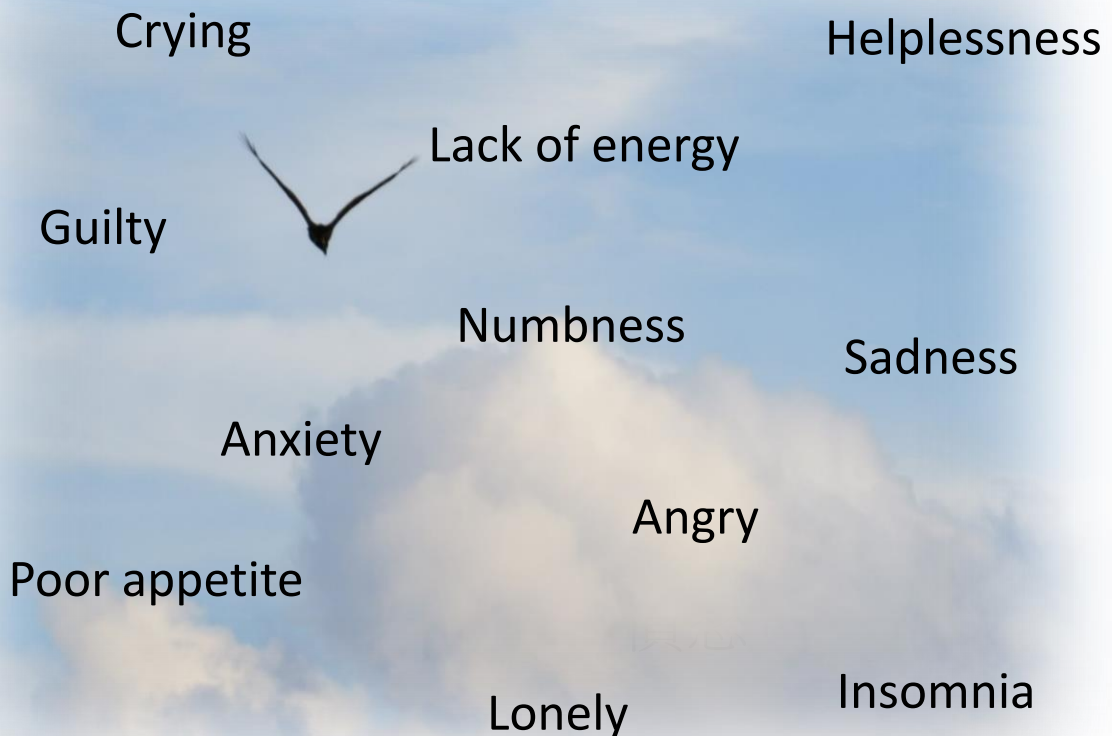
*Not everyone experiences all these stages, which may not appear in the same order shown above. Some people may stay longer at a particular stage, or repeatedly go through different stages.*

# Grief reactions

People do not have the same reaction, but grief will fade over time. In general, the period of mourning ranges from about six months to one year.

Most people will recover on their own. Some are severely disturbed and their health is compromised. They require further counselling and appropriate treatment.

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## Grief reactions:

While people react differently, it is observed that the following reactions are common:

**Mind:** having doubts, feeling confused, being unable to concentrate, constantly thinking or dreaming about the lost baby, having a feeling that the unborn/newborn baby still survives

**Emotions:** sadness, being shocked, anger, sense of guilt, loneliness, helplessness, numbness

**Body:** an empty stomach, chest tightness, a tight throat, being sensitive to sound, shortness of breath, muscle weakness, mental fatigue, a dry mouth

**Behaviour:** crying, sighing, insomnia, loss of appetite, not being attentive, restlessness, being socially inhibited, avoiding memories of the unborn/newborn baby, keeping or carrying the belongings of the baby, calling the baby's name





## Adjustment methods I:

### Take good care of yourself while grieving

1. Do not question your mental health. Please be patient and tolerate yourself as the reactions to grief are normal.
2. Do not blame yourself. The sense of guilt is usually due to your unwillingness to lose the little one and the wish to save his or her life. You should ease your worries gradually and cherish yourself.
3. Do not use alcohol or drugs and any other negative means to deal with grief, otherwise you will only be more uncomfortable, reliant or painful.
4. Avoid being active or working at all times. Keeping yourself overly-busy is only a short-term solution. You should give yourself some room and take good care of your emotions.
5. Do not force yourself to be tough. Suppressing your emotions with difficulty will make yourself more uncomfortable. Grief will fade over time. This does not mean you no longer love him or her, but rather shows that you can continue to live well.

*A family is a circle of love, not broken by a loss, but made stronger by the memories. We remember. Author Unknown*

## Adjustment methods II :



### **Act according to what you want and how you feel:**

1. You may hold a memorial ceremony and accept the fact of losing your loved one. Family members are given an opportunity to comfort and support each other, while saying farewell to the deceased.
2. Let your emotions released naturally. Do not suppress your emotions or being evasive. Allow yourself to grieve and cry. Release your pent-up emotions. Accept other people's sympathies.
3. You can choose your own way to express emotions, such as writing letters, diaries, listening to music, drawing, talking to your family members and friends, or contacting people with similar experience for mutual support.
4. Do not neglect what your body needs. Take more rest, and maintain a well-balanced diet. Even if you lose appetite, try to eat less but more frequently. Stay healthy.



## Adjustment methods III :



5. Plan in advance what to do for a festival, the anniversary of death and a memorial day. Avoid being alone in such special days as much as possible.
6. Try to get enough exercise and sleep to relax your body and mind.
7. Practice spiritual cultivation, such as prayer and meditation, to gradually ease your worries and restore peace of mind.
8. In case of persistent depression, illusions, excessive self-blame and even suicidal thoughts, which seriously affect daily living and social connections, you should seek professional counseling early. Hospital Authority offers psychiatric and clinical psychological services. In addition, there are several non-profit organizations offering bereavement counselling services in Hong Kong.



# Information on Bereavement Counselling services

## Community Resources:

### Provision of information on bereavement counselling

*The information provided below is for reference only, and is not exhaustive*

Community Resources	Contact Telephone	Website
驢明會 Comfort, Care, Concern	2361 6606	<a href="http://www.cccg.org.hk">http://www.cccg.org.hk</a>
譚雅士杜佩珍安家舍 Society of Hospices Care	2725 7693	<a href="http://hospicecare.org.hk">http://hospicecare.org.hk</a>
同行力量 Togetherness	Nil	<a href="http://www.togetherness.org.hk">http://www.togetherness.org.hk</a>
24 hours telephone counselling hotline:		
Telephone counselling hotline	Telephone	Website
生命熱線 Suicide Prevention Services	2382 0000	<a href="http://www.sps.org.hk">http://www.sps.org.hk</a>
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	2389 2222	<a href="http://www.sbhk.org.hk">http://www.sbhk.org.hk</a>
衛生署健康教育熱線 Central Health Education Unit Department of Health	2833 0111	<a href="http://www.cheu.gov.hk">http://www.cheu.gov.hk</a>
香港心理衛生會 The Mental Health Association of Hong Kong	2722 0047	<a href="http://www.mhahk.org.hk">http://www.mhahk.org.hk</a>

*If you have thoughts about committing suicide or injuring yourself, please visit the nearest accident and emergency department or call a 24-hour counselling hotline.*

## References:

1. 《天有不測之風雲》醫院管理局臨床心理服務
2. 《伴你渡過哀傷》醫院管理局臨床心理服務
3. 《療傷之旅-與你一起經歷喪親之痛》黃慧英編著；一丁文化出版，2015年10月



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*"It needs to take time for the healing process, hope you can get a bit comfort and support at this moment. We are always with you"*



Bereavement team,  
O&G Department, PWH



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