



 **Miscarriage UK**

# Simply Say...

“I’m so sorry for your loss, I can’t imagine what you’re going through.”

“I know you might not want to talk about it just yet, but I’m here when you’re ready.”

“However you’re feeling, I want you to know you’re not alone in this. We’ll do this together.”

“I really want to show up for you. If you let me know when your appointments are, I can come with you.”

It doesn’t have to be complicated. Sometimes the simplest messages of support can mean the most.