



Miscarriage UK

Because every
loss matters

Our support group guidelines

At Miscarriage UK, we believe no one should go through pregnancy loss alone.

We want all our support groups to be safe and supportive spaces for anyone who has experienced miscarriage, where you can share, listen or simply be among others who understand.

To help create an environment that feels respectful, compassionate and comfortable for everyone, we ask that all attendees follow these simple guidelines:

1. **Respect the group** – follow any structure set by the group facilitator and allow space for others to share.
2. **Look after yourself** – it's ok to switch off your camera (if online), step away or leave early if needed. Your wellbeing comes first.
3. **Help us create a supportive space** – you don't need to have the 'right' words, kindness and compassion is enough.
4. **Privacy and confidentiality** – what's shared in the group, stays in the group. Please don't discuss other members' stories outside the session.
5. **Respect others** (including their identity, background and beliefs) - bullying, harassment or discrimination of any kind will not be tolerated. We reserve the right to remove attendees whose behaviour breaches this.
6. **Share at your own pace** – you're welcome to speak or just listen. There is no pressure to share more than you feel comfortable with.
7. **Honour every experience** – everyone's journey with loss is unique. Avoid comparisons or minimising others' experiences.
8. **Avoid unsolicited advice** – please don't offer medical advice. If you'd like to share other suggestions of what has helped you, please ask first.

If you have any questions about these guidelines, or need any further support, please don't hesitate to get in touch with us on **0303 003 6464** or

info@miscarriageuk.org