

## Heather's Testimonial

I always felt I was a happy, smiley, emotionally strong person, until I experienced my first two loses (twins). Sadness just filled me up and I felt heartbroken. I found life difficult especially when a close friend was pregnant at the same time. My counsellor was very caring; she listened in between my tears and encouraged me to think about my feelings and how to cope with my emotions each day.

Sadly I had two further miscarriages and continued to need the support from SCIM over the following year. Counselling encouraged me to take 1 day at a time and put my feelings first. I have a healthy son and I knew I could carry a baby to full term, however I was recently diagnosed with Coeliac's Disease and discovered that this was the main reason for my miscarriages.

I have had an extremely emotionally journey and since my diagnoses and following a strict Gluten free diet I fell pregnant. My counsellor continued to support and help me cope with all of my anxieties over the 9 months.

My healthy beautiful baby girl Jess was born in March 2016. I know that I could have not got through my journey without the support from SCIM Counselling.

I feel truly thankful, happy, strong and blessed.

Being a mum is such a precious privilege.

