

Amber's Story



On the 23rd of September 2011, 4 days before she was due, I was told that my daughter heart had stopped beating, how could this be, they had to have made a mistake, everything was ready for her imminent arrival. 2 days later I gave birth to my beautiful daughter Mirren weighing in at 8lb 8oz, too perfect for this world. The first week went by in a haze of family and friends all around, funeral arrangements and cards arriving by the dozen every day. Initially I was numb, I tried to do what I usually do and bottle it all up, shoulders back and get on with it, which worked a bit and helped me face people for short periods of time, but not a night went by where I was able to stop crying or sleep properly, The breaking point came as Christmas came I just couldn't hold it together anymore, I lay on the couch that Christmas day unable to do anything, my 9 year old daughter had to sit at a table and eat her dinner with her Mum "not well" - I knew I had to get some help.

Luckily for me my GP was aware of a counselling service in the High Street of Glasgow called SCIM which she gave me the number for. I was apprehensive about phoning and didn't really know what to say. I dialled the number and spoke to the lady on the other end of the phone, I'm sure I asked if they could still help me as I hadn't suffered a miscarriage I had lost my daughter at a later stage, but she re-assured me that they could and arranged for me to meet with a lady the following week. The next week came and I headed into the city centre for my



appointment. I was met with the most calming lady I have ever met, who listened to me through my tears and sniffs and assured me that she could help me to be able to cope better. I went home that day so glad I had gone and with hope that things might get a bit easier soon. The next 3 months I spent meeting my counsellor on a weekly or fortnightly basis and gradually I began to feel better, talking things through with someone separate from your life and someone that has the ability to give you new coping mechanisms was making a huge impact on my life. I was terrified of returning to work and facing people I hadn't seen but my counsellor was able to work with me through that very tough period too. So I was now in a place where I was back at work and although the pain never went away, I was able to get on with my life a bit better. Then in April 2012 I discovered I was pregnant, fear and anxiety came back in a big way, would history repeat itself? How would I cope?

I called my counsellor, a bit like my emergency helpline, I came off that call relieved that my counsellor could see me throughout my pregnancy and even after the birth of my next child. There were many scary times and lots of feelings to go through but having someone by my side (well at least just a call away) made it all possible and much smoother than I could ever have dreamed. On the 12th day of the 12th month of the year 2012 my little rainbow baby Jack was born screaming, It was a long and bumpy journey but to look back now I know that having SCIM come on that journey with me made it a whole lot easier. Life changed for me the day that Mirren left us but I am able to live my life, still thinking of her every day, but able to be happy and enjoy what's left of my time on this earth.

If you are Mum or Dad that is finding things difficult after the loss of your precious child then let me encourage you to talk to SCIM, you will be welcomed, listened to and you will feel a whole lot better.