

Our Story By Alexis

I can honestly say that my counsellor helped me through my darkest days. I was a very broken woman when I attended my first appointment but talking about it really helped. Within time I was able to ask questions about our situation with medical professionals and really focus on the future. She helped me identify what action I wanted to take and encouraged me to follow my ideas.

I attended counselling sessions regularly and felt able to work through the emotional mess I was in enough to return to work. At that time my counsellor counselled me through their conception advice and within a few cycles of working with this I was pregnant again. I continued to attend my sessions right through my pregnancy. She helped me to stay calm and focused throughout but most importantly she helped me to believe that this was really happening and I was able to really enjoy being pregnant despite the various challenges I had with my health throughout.

As I type this, my 4 month old daughter is sleeping in my arms. I honestly don't think she would be here without the help and support I received from Scottish Care and Information on Miscarriage and I can't thank my counsellor enough for being there for me throughout this amazing journey into parenthood.

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