



'Suicide and Mental Health'

Shocking results have been revealed in a survey carried out by the bereavement support charity The Mariposa Trust.

The charity which primarily supports people affected by baby loss, conducted the survey (1) as part of its ongoing service to provide targeted support following loss, and found the following results:

- 49.4% of responders reported they had considered ending their life following baby loss
- 47% of responders were diagnosed with depression
- 63.8% of responders reported undiagnosed depression
- 69.1% of responders reported long-term mental health issues
- 16.5% of responders reported their partners suffered suicidal thoughts following baby loss
- 41.4% of responders reported their partners have suffered mental health issues following baby loss

Zoe Clark-Coates MBE, co-founder and CEO of the charity commented "Baby loss continues to affect hundreds of thousands of people each year in the UK, and tens of millions globally. The sad fact that so many of these people are struggling with long term mental health issues, depression and even suicidal thoughts for years and at times decades following loss, is deeply worrying and must be addressed."

The Mariposa Trust is working in 5 key ways to tackle the issues of mental health following baby loss:

1. Resources - The charity has produced and is producing key resources to help people understand the trauma they have experienced and signpost them to support.
2. Support - The charity provides befriending, online support and some counselling services to anyone affected by baby loss.
3. Services - The charity provides services of remembrance around the UK, Internationally and online, which provide people with an opportunity to formally remember the babies they have lost, which is a key part of the grieving process.
4. Training - The charity provides training to medical professionals and healthcare providers as well as employers to ensure the mental health of people/staff is understood and support is provided/signposted.
5. Campaigning - The charity is working the DHSC as well as with NHS trusts, medical professionals and other bodies to improve the standard and quality of care provided.



More information on the Mariposa Trust can be found at www.sayinggoodbye.org and they can be followed on Facebook at www.facebook.com/sayinggoodbyeuk and on Twitter @sayinggoodbyeuk. For support, please email support@sayinggoodbye.org.

(1) Information from survey of 340 people conducted by the Mariposa Trust.