**SANDS**

**Stillbirth and Neonatal Death Charity**

[**www.sands.org.uk**](http://www.sands.org.uk/)

**A charity offering emotional support following a stillbirth or a neonatal death.**

Helpline Freephone 0808 164 3332

Mon – Fri 9:30am – 5:30 pm

Tues and Thurs 6:00pm – 10:00pm

* Online information and advice
* Support groups across UK (4 based in London)
* 24 hour support through online community

Eligibility Criteria: Families affected by stillbirth or neonatal deaths

There is no charge for this service