



# Sands



## Stillbirth & neonatal death charity

Sands are dedicated to providing emotional support and information right from the early hours after a baby's death, through to the weeks, months and years ahead. Sands supports *anyone* affected by the death of a baby.

Their Bereavement Support Services for parents include a [helpline](#), [online forum](#), [Sands Groups](#) and the [Sands Family Support Pack](#).

The website link below will provide more information and links to specific areas of support.

<https://www.sands.org.uk/>

