



Australian Government
Department of Health, Disability and Ageing

Miscarriage Matters

A guide to showing support
Learn the facts about miscarriage



Miscarriage affects many people and families, yet misunderstandings and misconceptions about miscarriage are still common.

People don't always understand what miscarriage is, what it can be like, or how to offer support to someone experiencing miscarriage.

Learning the facts can help you support someone you care about with empathy, compassion and reassurance, while reducing feelings of blame, shame and isolation that can follow miscarriage.



1 in 4

Confirmed pregnancies end in miscarriage



Approx. 285

Miscarriages happen every day in Australia



Before 20 weeks

The stage of pregnancy where miscarriage occurs

What's important to know?

There is no 'right' or 'wrong' way to feel

People, including partners, can feel many different emotions about a miscarriage. For example, grief, guilt or even relief.

Talking about miscarriage can help

It's okay to ask how someone feels, or just to keep them company. Spending time together and listening can offer comfort and support.

Miscarriage is rarely anyone's fault

In most cases, the exact cause of a miscarriage may be unable to be determined. However, people often search for reasons or blame themselves.

Miscarriage is not caused by:

- Lifting heavy objects
- Eating spicy food
- Past use of birth control
- Having sex during pregnancy

While these beliefs are common, research shows they do not cause miscarriage.¹

Miscarriage affects partners too

Miscarriage often affects more than one person. It can impact partners, families, friends, colleagues and wider communities.

It is ok to share the news of a pregnancy before 12 weeks

Many people wait until 12 weeks to share pregnancy news. But there is no right or wrong time to tell others. Sharing the news earlier can help people get support if they need it.

A loss is a loss, no matter the journey

Every miscarriage deserves compassion and support, regardless of how the pregnancy was conceived, the type of loss, or when it occurs.



Care matters more than perfection

Experiencing a miscarriage can feel very isolating for the person who has the physical loss, their partner and their loved ones.

Offering supportive words, listening without judgement and simply being there for someone can help them feel less alone.

You don't need to have the perfect words, care matters more than perfection.



This resource has been developed by the Australian Government. It is based on consultation with a wide range of people who have experienced miscarriage.

For more free resources on supporting someone through miscarriage, visit www.health.gov.au/miscarriage-matters or scan QR code.

If you or someone you care about has had a miscarriage, support is available. You are not alone.



Peer-support and information after early pregnancy loss. Visit www.pinkelephants.org.au or call the helpline 1300 726 306.



Free grief and loss support for pregnancy loss. Call the 24/7 Support Line on 1300 308 307 or visit www.rednose.org.au



Support and information about miscarriage. Visit miscarriageaustralia.com.au



Support for Aboriginal and Torres Strait Islander people. Call 13 92 76.

¹ These were common misconceptions about miscarriage women had in the Jean Hailes 2025 National Women's Health Survey. To read more visit: www.jeanhailes.org.au/wp-content/uploads/2026/01/0925_NWHS25_report_EPL_knowledge_FINAL.pdf