



**red
nose**
grief and loss



Bereavement Support Services

Supporting any person affected by the sudden and unexpected death of a baby or child.

for 24 hour support please call

1300 308 307

for more information visit our website

rednosegriefandloss.com.au

General Support Services

Red Nose Grief and Loss is aware that people need different kinds of support at different times, so we offer you a range of bereavement support options including:

Counselling

Bereavement counselling by qualified professionals is available to you and your family by phone, face to face or digitally.

24 Hour Bereavement Support Line

Between the hours of 9 and 5 (Mon-Fri) qualified counsellors are on call and at all other times trained volunteer peer supporters are available to talk with you, family members or friends day or night.

We provide support and quality information to families. Our literature and information can be accessed via our website or we can arrange for booklets to be sent to you (see Support Literature).

Peer and Family Support

Parents and families who have previously experienced the death of their baby or child often remain actively involved in helping us provide support to newly bereaved families. Trained Peer Supporters are available to talk with bereaved parents, family members and friends by phone, face to face or digitally.

Support Groups

A range of regular support groups provide an opportunity to share experiences and support one another in a safe and caring environment. Information sessions, workshops and groups with a specific focus, such as stillbirth, subsequent pregnancy, SUDI, termination and men's groups. Please refer to our website or call us for details of groups in your area.

Support Literature

A variety of booklets and articles relating to different aspects of grief and written in collaboration with bereaved parents, children and health professionals are available. These can be found on our website for downloading and some of the topics include:

- Miscarriage
- Choices in arranging a child's funeral
- Sudden Unexpected Death of an Infant (SUDI) - including SIDS
- Stillbirth
- Medical termination
- Having another baby
- Grandparent grief
- Sibling grief
- Relationships
- Men's grief

Newsletter

We provide regular bereavement support newsletters. In particular, these newsletters provide bereaved parents and family members the opportunity to share stories of their child, to learn about living with grief and to access information about upcoming groups and events. These are available on our website or we can email you a copy when you join our mailing list.

Health Promotion and Community Education

Education on bereavement and its impact on families is also provided to health professionals, community groups, workplaces or family support networks to assist them in supporting bereaved families.

Library

A library of support literature, booklets, video stories and resources is available on our website.

Treasured Babies' Program

This program provides important items for families whose baby has died in the perinatal period. The packs contain specially designed and appropriately sized garments and other memorabilia. This can reduce some of the stress at a time that is already very difficult.



Providing a range of bereavement support options for any person affected by the sudden and unexpected death of a baby or child during pregnancy, birth, infancy or childhood.

What we offer



- **Counselling**
Face to face, Phone, Email, Skype
- **24 Hour Bereavement Support Line**
1300 308 307
- **Peer Support**
Provided by people with lived experience
- **Support Groups**
Range of options and locations available
- **Grief and Loss Website**
Support for parents, families, and professionals
- **Online Support Forum**
Connect to a national network
- **Support Literature**
Booklets, Newsletter, Library
- **Health Promotion and Community Education**
- **Treasured Babies' Program**
Clothing and memorial packs
- **Remembering Ceremonies and Social Gatherings**



How we can help

Families who experience the death of a baby or child face a number of challenges that includes making difficult decisions at a time of great shock and distress.

Early contact with Red Nose Grief and Loss provides you with a range of support options through this difficult period and offers information through direct contact with our staff, booklets, brochures and our website.

Red Nose Grief and Loss appreciates that every individual's experience is different. Our Intake and Assessment staff will work with you to understand your needs and link you with the services we have available nationally. We support you to live as well as you can with the grief of having a baby or child die.

Red Nose Grief and Loss provides counselling, support services and ongoing care to people who have been affected by the death of a baby or child during pregnancy, birth, infancy and childhood. This includes:

- Miscarriage
- Ectopic pregnancy
- Medical termination
- Stillbirth
- Neonatal death
- Sudden and unexpected death of a child
- Accidental death

We also provide evidence-based community education and health promotion programs, support world-class research and advocacy, and raise funds in the community to support our work.

Office Locations

Victoria

Melbourne 3008
Geelong 3200

New South Wales

Lilyfield 2040
Hamilton South 2303

Queensland

Mount Gravatt 4122

ACT

Chifley 2606

Western Australia

Kensington 6151

24 hour

Bereavement support please call

1300 308 307

for more information visit our website

rednosegriefandloss.com.au

The logo consists of a red circle containing the text 'red nose' in a bold, lowercase sans-serif font, with 'red' stacked above 'nose'. Below this, the words 'grief and loss' are written in a smaller, lowercase sans-serif font.

**red
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grief and loss

For further information or to access
Red Nose Grief and Loss Services

email support@rednose.com.au

visit rednosegriefandloss.com.au

Red Nose Grief and Loss was formerly known as SIDS and Kids