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

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tr>
<td>Victoria</td>
<td>Melbourne 3008</td>
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<td></td>
<td>Geelong 3200</td>
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<td>New South Wales</td>
<td>Lilyfield 2040</td>
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<td></td>
<td>Hamilton South 2303</td>
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<td>Queensland</td>
<td>Mount Gravatt 4122</td>
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<td>ACT</td>
<td>Chifley 2606</td>
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<tr>
<td>Western Australia</td>
<td>Kensington 6151</td>
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24 hour Bereavement support please call 1300 308 307
for more information visit our website rednosegriefandloss.com.au

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

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
- Medical termination
- Choices in arranging a child’s funeral
- Having another baby
- Sudden Unexpected Death of an Infant (SUDI) - including SIDS
- Grandparent grief
- Stillbirth
- 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.

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.

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