

About us

We are a national charity that provides free bereavement support services for families whose baby or child has died from miscarriage, medical termination, stillbirth, SIDS and other sudden and unexpected causes during early childhood.

How we can help

Our services are free and available nationally for anyone impacted by a baby or child's death.

Our caring and professional team will work with you to understand your needs, linking you with the most appropriate services for wherever you are in your grief journey.

We understand that everyone grieves differently after their baby or child dies.

We can support you now and will continue to be there whenever you need us.

How to get support

Our team is available to support you when you are ready. You can call us, or if you would prefer, you can email us or contact us via Live Chat.

24/7 Support Line

- 1300 308 307
- support@rednose.org.au
- rednosegriefandloss.org.au/live-chat

Bereavement Support Services

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- 1300 308 307
- support@rednose.org.au
- rednosegriefandloss.org.au/live-chat

Grief and Loss Support Library

- rednosegriefandloss.org.au

Peer Support resources

- sands.org.au



“There is no way I would have survived the death of my daughter without my Red Nose counsellor. She was my rock at a time when I felt so completely alone.”

Chris, bereaved dad

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Sands Australia is part of Red Nose.
Red Nose is also formerly known as SIDS & Kids.

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Bereavement Support Services

We support anyone impacted by the death of a baby or child during pregnancy, birth, infancy and early childhood.



Our services

We offer a range of services to help you at this difficult time.

24/7 Support Line

Talk with a peer supporter, someone with lived experience, 24/7 on 1300 308 307.

Online Live Chat support

Chat with an online peer supporter or counsellor through our live chat portal on our website rednosegriefandloss.org.au.

Peer and Family Support Groups

Parents and families who have experienced the death of their own baby or child come together regularly in a safe and caring environment to talk and seek support from each other. Some groups are led by counsellors and others are facilitated by trained peer supporters.



“I know the feeling of relief of being able to talk to someone who really understood what I was feeling and what I was going through.”
Jess, bereaved mum

Counselling

Individual, couple and family counselling in person, phone or videoconference. Our specialised counsellors are trained professionals with extensive experience in supporting bereaved families. Sessions are free.

Support Library

Our free online Support Library includes information, support and advice written by our professional counselling team and other families whose baby or child has died.

Treasured Babies Program

Our Treasured Babies program provides you with appropriately sized burial clothes and caskets for your baby's funeral. This helps take some stress out of the arrangements at this difficult time.

Remembrance Services

We hold special Remembrance Services annually in all states. They are non-denominational and provide an opportunity for families and friends to come together to remember the lives of the babies and children who have died.

Newsletters

We produce a regular bereavement support newsletter called *Guiding Light*, where we share family stories, along with information and advice about learning to live with your grief and moving forward. You can subscribe to *Guiding Light* via our website rednose.org.au/signup

Who can access our services?

We provide support for anyone impacted by the death of a baby or child during pregnancy, birth, infancy and early childhood. Our services are free and open to anyone.

We support families who have experienced:

- Miscarriage
- Ectopic pregnancy
- Medical termination
- Stillbirth
- Newborn death
- Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Infancy (SUDI)
- Fatal accidents and sudden deaths from any other cause during early childhood

We provide support to parents, families and their communities, including:

- Parents, including mothers, fathers and partners
- Siblings, including young children
- Grandparents
- Aunts and uncles
- Close friends
- Work colleagues
- Health professionals and first responders