

## Bereavement Support

- 24 Hour Support Line 1800 628 648
- Bereavement counselling (*including regional and telephone counselling*)
- Bereavement workshops
- Professional and peer support
- Family drop in centre (*located at 68 Creek Road, Mt Gravatt, Brisbane*)
- Monthly group support meetings
- Debriefing facilities
- Bereavement Information Kits are available to families
- Funeral funding assistance
- Memorial garden
- Memorial Service (*held annually*)
- Support literature
- Enigma Magazine
- 'Contact' - eNewsletter (*We welcome submissions from families*)
- Library of books available for parents and family members to borrow

**ALL SUPPORT SERVICES  
ARE PROVIDED FREE OF CHARGE.**



## 24 Hour Bereavement Support 1800 628 648

SIDS and Kids Queensland provides support to any individuals, couples, families and children who are affected by the sudden and unexpected death of a baby or child up to six years of age, regardless of the cause.

### **SIDS and Kids Queensland**

Todd Freemantle Centre  
68 Creek Road, Mt Gravatt QLD 4122  
queensland@sidsandkids.org

FOR ENQUIRIES OR  
TO ARRANGE AN APPOINTMENT:

LOCAL CALLS: (07) 3849 7122  
REGIONAL CALLS: 1300 308 307

FAX: (07) 3849 7121  
(9am to 5pm Monday to Friday)

**[www.sidsandkids.org/qld](http://www.sidsandkids.org/qld)**

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## A GUIDE TO OUR *Bereavement Support* SERVICES

**Supporting Families Who Experience:**

- Pregnancy loss
- Unexpected death
  - Neonatal loss
  - Accidental death
- Sudden Infant Death



## About Grief

An immediate reaction to the death of a baby or child may be shock, denial, disbelief, a sense of numbness or unreality. These reactions are completely normal and instinctual, and help to cushion the impact of a death until a time when the devastating reality of the death can be faced.

Some emotions parents and family members may experience are:

- Guilt
- Anger
- Fear
- Blame
- Despair

It is not unusual for parents to feel these emotions from time to time and for years to come.

- Grief is not simply sadness, nor is it expressed only by crying.
- Grieving the death of a child can be a bewildering experience.
- Men and women may grieve differently.
- Allowing the process of grieving can be painful, but the process can help the bereaved adjust to changes that take place following a death.
- No two people will experience the same feelings nor at the same time

## Counselling

Our counselling services are provided by qualified counsellors. We use a number of accredited counselling techniques while using an integrative, holistic framework.

**“Our services are available to any individual, couple, sibling or family that has been affected by the death of a baby or child up to six years of age, regardless of cause.”**

Grief is a normal response to the death of a loved one and many people are able to work through this with the loving support of family and friends.

For a variety of reasons, however, it may be necessary to seek professional help in the form of counselling.

**“Grief is an intensely personal and individual experience and it can be hard work.”**

A supportive and professional counsellor can assist you as you try to make sense of your experience, as you face difficult situations and give you the strategies to cope successfully.



## Bereavement Support Groups

Our group programs have been established to provide a safe and supportive environment where participants can explore and express their experience of their child's death.

Participants learn about grief and loss and develop strategies that will assist them to 'find a livable spot in their heart' for the child (Murray, 2005).

An initial consultation with one of our counsellors can be helpful to assist individuals to feel comfortable in a group environment.

Whilst support groups do not take away the pain and sorrow, they do help to normalise thoughts and feelings experienced after the death of a baby or child. Support groups do not suit all people, but they can offer a wonderful opportunity to receive support by others with similar experiences.

Groups we offer\*:

- Early Grief
- Men's Support
- Grandparents' Support
- Subsequent Pregnancy
- Cherished Memories Craft & Scrap-booking Workshop
- Coffee Morning
- Regional Support

\* Our groups are subject to change. Please consult our office for more details.

