

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 on our 24/7 Support Line 1300 308 307.

Bereavement Support Services

24/7 Support Line

- 1300 308 307

Online Support

- intake@rednose.org.au
- rednosegriefandloss.org.au/live-chat

Grief and Loss Support Library

- rednosegriefandloss.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

Bereavement Support Services

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



Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

Red Nose 24/7 Support Line
1300 308 307
rednosegriefandloss.org.au
intake@rednose.org.au

For general enquiries call **1300 998 698**

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Red Nose is also formerly known as SIDS & Kids.

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 Support

Chat with an online peer supporter through our live chat portal on our website, or connect with those within your community through our closed and state and territory based Facebook groups.

Peer and Family Support Groups

Parents and families can come together to talk in a safe and caring environment to talk and seek support from each other. Groups are online and in person, and led by either counsellors or trained peer supporters.

Hospital to Home

Connect with a lived experience bereavement support worker who will provide practical and emotional support to assist you in navigating the early weeks after your baby has died. Sessions are free and limited.

“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 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 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 Events

Throughout the year we hold a range of events where families and friends can 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?

Our services are free and open to anyone, and we support families who have experienced:

- Miscarriage
- Ectopic pregnancy
- Termination for medical reasons
- 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
- Grandparents
- Aunts and uncles
- Close friends
- Work colleagues
- Health professionals and first responders

