

FREE support for the whole family

**red
nose**
grief and loss

Parents may grieve the loss of their bub differently.

Dads and other close family can sometimes feel left out. But you are not alone. Red Nose is here for you and your family.

FREE and no referral needed!

Red Nose has been helping people through their pain for a long time.

We are here for you.



**Call the FREE 24/7 Grief and Loss
Support Line at 1300 308 307**



Visit rednosegriefandloss.org.au



Sign up for SMS4Dads, for further bereavement support



Email intake@rednose.org.au





“I really struggled with the fact that I couldn’t ‘fix’ it. I knew I was about to embark on a lifetime without our daughter. And I didn’t know how to express my grief, because I hadn’t seen any other dads express how they felt after losing a child. I knew I needed help to get through this.

The compassionate people at Red Nose guided me through the grieving process and gave me confidence to share my story.”

Matt – Wren’s dad