

**FREE help.**  
you are  
*not* alone.

**red  
nose**  
grief and loss



If you have lost a bub or child,  
we are here for you.



**Call 1300 308 307 anytime, day or night**



**Yarn online or visit our website. You can talk to someone who understands and has been through it too, visit [rednosegriefandloss.org.au](http://rednosegriefandloss.org.au)**



**Email [intake@rednose.org.au](mailto:intake@rednose.org.au)**

Red Nose has been helping  
families for over 40 years.  
**We are here for you.**

**Scan to chat  
online for support**





“I am so **grateful** for this service, and it has really helped me process my grief and moved forward in my life. This is an invaluable service to people who have lost a baby. Thank you!!”