

## Grief Support Services

### Between Friends Newsletter

SIDS and Kids Western Australia produces the "Between Friends" newsletter three times a year to coincide with Mothers Day, Fathers Day and Christmas. Parents and family members are encouraged to contribute poems and personal stories to the newsletter which is free and mailed on request by contacting the office.

### Resources

#### Library

A variety of articles, books and videos relating to different aspects of grief, or related issues, such as planning a subsequent pregnancy, are available to be borrowed from the office.

#### Grief Education

Grief education and training is available to health professionals by contacting the office.

### How to contact SIDS and Kids Western Australia

Phone: 24 hour support line: **1800 686 780**  
Administration: (08) **9474 3544**  
Country Callers: **1800 199 466**  
9am-5pm Monday – Friday (except public holidays)

Email: **perth@sidsandkids.org**

Web: SIDS and Kids Western Australia  
**www.sidsandkids.org/wa**  
SIDS and Kids Australia  
**www.sidsandkids.org**

Address: 33 Sixth Avenue  
KENSINGTON WA 6151

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## Grief Support Services

### Other Telephone Contacts and Websites

These may be useful if you can't access SIDS and Kids WA directly, or if you wish to obtain additional information about loss and grief:

Crisis Care	1800 199 008
Lifeline	13 11 14
Compassionate Friends.	1800 628 118
Kids Helpline	1800 551 800
Mensline	1300 78 99 78
Parenting Line	9272 1466/1800 654 432
Psychiatric Emergency Team	1300 555 788
Postnatal Depression Support	9340 1622
Translating and Interpreting Service	13 14 50
Multicultural Mental Health Australia	(02) 9840 3333
Grieflink	<a href="http://www.grieflink.asn.au">http://www.grieflink.asn.au</a>
Childhood Grief	<a href="http://www.childhoodgrief.org.au">http://www.childhoodgrief.org.au</a>
Beyond Blue (Depression)	<a href="http://www.beyondblue.org.au">http://www.beyondblue.org.au</a>
Multicultural Mental Health Aust.	<a href="http://www.mmha.org.au">http://www.mmha.org.au</a>

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Saving Babies' Lives  
Finding Answers  
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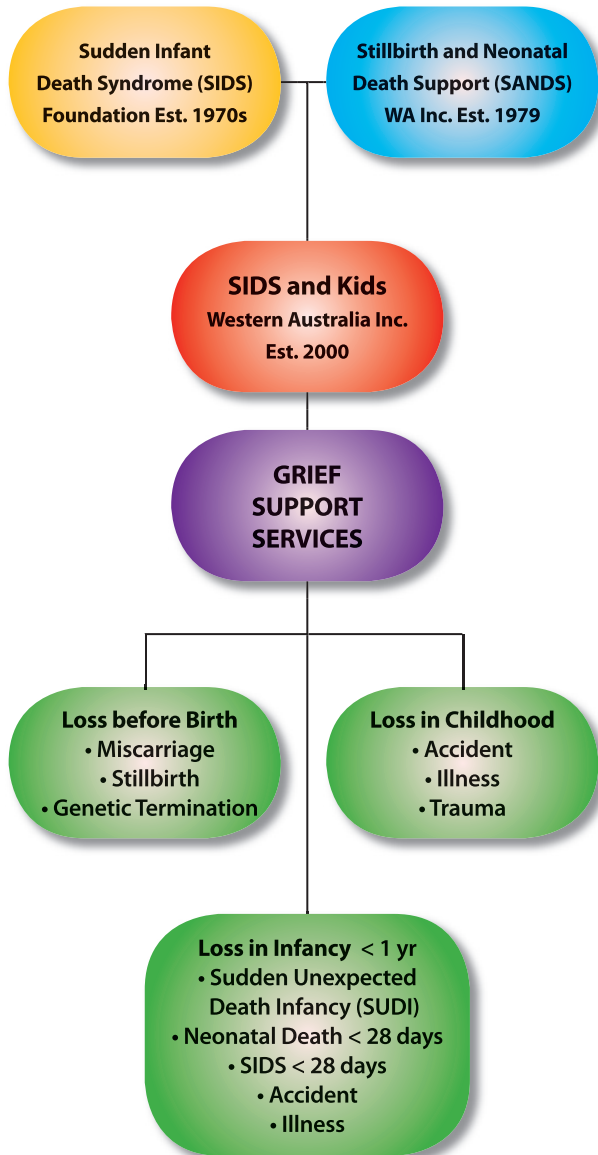
# Grief Support Services

For Loss from Conception  
to 12 years of age

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## History of SIDS and Kids Western Australia



## Grief Support Services offered by SIDS and Kids Western Australia (WA)

SIDS and Kids WA supports people who are grieving following the sudden and unexpected death of a baby or child. This includes family members and also extends to witnesses to a death, emergency workers, friends and neighbours.

The services we offer include:

### Grief Support from Professional Counsellors

The counsellors are available from 9am-5pm Monday to Friday. There is some availability to attend the home of a newly bereaved family and ongoing support is available for as long as a family needs it at our office in Kensington. Counselling is provided for individuals, couples, families or groups and children aged three to 12 years of age. The contact telephone number for counselling during office hours is 9474 3544.

### Telephone Support Line

This connects people from anywhere in WA to a trained grief support volunteer who has themselves experienced the sudden and unexpected death of a baby or child. The 1800 686 780 phoneline can be called 24 hours a day, 7 days a week. If the volunteer supporter is not available to answer the call immediately, a message may be left, after which you will be called back within 24 hours. This line is not for counselling, but for volunteers to provide empathetic support and information about accessing relevant counselling or other services if requested.

### General Support Group

Monthly meetings are held in the Kensington office in an informal atmosphere to provide an opportunity for people to share their experience and be supported by a facilitator (counsellor) and other bereaved parents. Meeting dates and times are available by contacting the office or via the website.

## Craft/Coffee/Chocolate Morning

Held on the last Wednesday of each month at the Kensington office, craft sessions offer parents the opportunity to join others who have also experienced a loss, in an informal environment. Some parents bring along craft, and others come along just for the company. Meeting dates and times are available by contacting the office.

## Healing Memories

Monthly groups help parents to create a Healing Album in memory of their baby or child. Parents are shown how to preserve their photos and mementos so that there will be no deterioration of their precious memories. Dates and times are available by contacting the office.

## Just for Kids Children's Support Group

Children can receive help in understanding death and grief and share their experiences around losing a brother or sister together. The groups are held every second month, by appointment, with dates and times available by contacting the office.

## Men's Grief Group

Held in the evenings, this groups assists men to engage with loss and grief support and also to explore relationship and family experiences and processes around the death of a baby or child. The group can be used by family and friends to assist them in their grief or in their support of others.

Dates and times are available by contacting the office or via the website.