

Fact Sheet

After the loss of your pregnancy or baby

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We are truly sorry for your loss. We understand that this may be a really difficult time for you.

The following information is provided to help you at this very sad time.

About pregnancy loss or death of a baby:

- this can occur through miscarriage, a stillbirth or death soon after birth
- everyone feels sad in their own way and so you, your partner and family, may have different feelings following the loss of your baby
- some of the feelings you, your partner and your family may have range from shock, to feeling angry, guilty and deeply sad
- all of these feelings are a normal part of grief and grieving the loss of your baby and your hopes for the future
- many people who have had a pregnancy loss or death of a baby report feelings that can be very intense. Family and friends may not know what to say or how best to support you.

How a social worker may help you:

Hospital Social workers are experienced counsellors who may be able to assist you with:

- deciding about what happens next for you and your baby whilst still in hospital
- creating keepsakes and mementos of your baby to help with your grief



- understanding some important legal issues
- dealing with the hospital system
- coping with the strong feelings you and your family may be experiencing
- how to tell other family and friends about the loss of your baby
- how to tell your other children
- work and other financial considerations
- looking after yourself on going home
- providing you with some resources and referrals to services to help you cope with your loss, at no cost to you after you leave hospital.

How do I contact the hospital social worker to assist me with some of these issues?

During business hours Monday to Friday:

- if you are still in hospital ask the nurse / midwife or doctor to page the social worker
- if you have left the hospital call the Social Work Department at Westmead Hospital on 9845 6699 or at Auburn Hospital on 8759 3000

After normal business hours and on weekends, Westmead Hospital staff can page the After Hours Social Worker via the switchboard of Westmead Hospital on 9845-5555. Auburn Hospital Social Workers can be contacted on the next business day

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Memorial held annually for Perinatal Loss:

There is a memorial service held annually on 15 October at Castlebrook Memorial Gardens, Rouse Hill.

If you would like to receive an invitation to this event please discuss with your social worker or contact the Westmead or Auburn Hospital Social Work Department.

SIDS and Kids 24 Hour Bereavement Support line
1300 308 307

Bears of hope grief Support
1300 11 HOPE

Community health centres
1800 600 681

Your local GP

A free and confidential interpreter service, including Auslan, is available 24 hours, 7 days a week. Ask staff to arrange an interpreter for you.

All our health facilities and grounds are 100% smoke free. Fines apply. Contact Quitline: 137 848 or www.icanquit.com.au

Parking is available on the hospital campus for a fee.

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au