

# A few resources to get you started.

Central West Mums – don't underestimate the incredible support you provide for each other

**Centre of Perinatal Excellence (COPE)**  
[cope.org.au](http://cope.org.au)

**Perinatal Anxiety & Depression  
Australia (PANDA)**  
[panda.org.au](http://panda.org.au)

**Miscarriage, Stillbirth and  
Neonatal Death Support (SANDS)**  
[sands.org.au](http://sands.org.au)

**Beyond Blue**  
[beyondblue.org.au](http://beyondblue.org.au) | [1300 22 4636](tel:1300224636)

**SANDS – miscarriage, stillbirth and  
neonatal death support (Based in Sydney)**  
[sands.org.au](http://sands.org.au) | [1300 308 307](tel:1300308307)

**Red Nose (formally SIDS &KIDS)**  
Same contact as SANDS

**[List of support from NSW Health](#)**

**Australian Multiple Birth Association**  
[amba.org.au](http://amba.org.au) | [1300 886 499](tel:1300886499)

**Bears of Hope (for grief support)**  
[bearsofhope.org.au](http://bearsofhope.org.au) | [130011HOPE](tel:130011HOPE)

**Bereavement Care Centre**  
[bereavementcare.com.au](http://bereavementcare.com.au) | [1300 654 556](tel:1300654556)

**Open Doors Counselling  
and Education Services**  
[opendoors.com.au](http://opendoors.com.au) | [1800 647 995](tel:1800647995)

**Pillars of Strength**  
[pillarsofstrength.com.au](http://pillarsofstrength.com.au)

**Pregnancy and Infant Loss Awareness  
Research and Information (PILARI)**  
[pilari.org](http://pilari.org)

**Pregnancy Loss Australia**  
[pregnancylossaustralia.org.au](http://pregnancylossaustralia.org.au) | [1300 720 942](tel:1300720942)

**SIDS and KIDS NSW**  
[sidsandkidsnsw.org](http://sidsandkidsnsw.org) | [1800 651 186](tel:1800651186)

**healthdirect Australia**  
(A 24-hour government health  
information and advice line)  
[1800 022222](tel:1800022222)

**Grieflink**  
[grieflink.org.au](http://grieflink.org.au)

**Little Angels Memory Boxes (LAMB)**  
[littl lamb.org.au](http://littl lamb.org.au) | [1300 305 595](tel:1300305595)

**National Association for Loss and Grief**  
[nalag.org.au](http://nalag.org.au) | [02 9489 6644](tel:0294896644)

**Heartfelt**  
[heartfelt.org.au](http://heartfelt.org.au) | [1800 583 768](tel:1800583768)

**Mums Like Me**  
[mumslikeme.org](http://mumslikeme.org) | [0422 133 328](tel:0422133328)

**Yasminah's Gift of Hope**  
[ygoh.org.au](http://ygoh.org.au)

**Stillbirth Foundation**  
[stillbirthfoundation.org.au](http://stillbirthfoundation.org.au) | [02 9967 3229](tel:0299673229)

**The Compassionate Friends NSW Inc.**  
[thecompassionatefriends.org.au](http://thecompassionatefriends.org.au)  
[02 9290 2355](tel:0292902355)

**SANDS**  
[sands.org.au](http://sands.org.au)

**Pregnancy, Birth & Baby Helpline**  
[1800 88 24 36](tel:1800882436)

**Natal Instincts – Midwife/Provisional  
Psychologist - Joanne Lawrence-Bourne**  
Based in Orange | Face-to-face and  
telehealth counselling  
[joannelawrencebourne@gmail.com](mailto:joannelawrencebourne@gmail.com)  
[0409008112](tel:0409008112)

**Made to Bloom – Care Packages**  
Jessica Crawford  
Based in Orange | [madetobloom.com.au](http://madetobloom.com.au)