

It's ok not to be ok

No one should have to walk
the journey of miscarriage
and pregnancy loss alone.



Find Support



Peer Support

Chat online with a trained peer support companion.

Online Communities

Connect with other people who understand what you're going through.

Online Resources

Guiding you through different parts of your journey as well as supporting your family and friends.

Bereavement Support Program

Our Counsellor takes you through a unique six-week online program in a small group, incorporating information, skills building and mindfulness.

The Pink Elephants Pregnancy Loss Helpline delivered by PANDA

This service provides free mental health counselling and support for families experiencing pregnancy loss/miscarriage.

 **1300 726 306**

Monday – Friday: 9am – 7:30pm

Saturday: 9am – 5pm (AEST/AEDT)



the
**pink
elephants**
support network

Follow us

