

OUR MEN FEEL IT TOO



SMS4DeadlyDads.com

Sometimes things don't go to plan with a pregnancy, during birth or soon after a bub arrives

You are not alone and there's help available

Losing a pregnancy or bub may be more common than you think.

1 in 5 pregnancies result in miscarriage. There are **6 stillbirths a day** in Australia. And more than **700 babies pass away** each year within 28 days after birth.

These situations are tough for BOTH parents. Often dads don't get their own support and might not feel like there's space for their own grief.



If you're dealing with the loss of a bub, there are some things you can do that might help

- Talk to a trusted friend, family member, or your pastor or parish priest
- Visit your GP or Aboriginal Health Service
- Check out SMS4DeadlyDads or SMS4dads – it's free & is designed especially for dads
- Call 1300YARN

SMS4 
DEADLYDADS

Supporting dads & their families in the sorry business of losing a bub



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Australian Government
Department of Health

