



PENTHOS

Responding to grief and loss in couples and families

INFORMATION SHEET FOR PARENTS

**A Free Mental Health Resource for Parents experiencing
Unresolved Grief**

The Penthos program continues to be provided online during the COVID 19 pandemic.

What is Penthos?

Penthos is an established mental health organization offering a specialised 16-week therapy program for couples whose grief is not resolving, and who are experiencing relationship difficulties, at least three months after the death of their child or loss of a pregnancy.

Couples who have lost a child including adult children are now eligible for our program.

The program provides a private and comfortable space to explore and work through the painful feelings involved in losing a child or a pregnancy.

Couples attend a confidential 50-minute session once a week for 16 weeks, at a time agreed between the couple and the therapist.

The sessions are provided by specially trained and experienced mental health professionals (psychiatrists, clinical psychologists, clinical social workers and couple therapists) in their own consulting rooms or via video call for those who cannot easily attend in-room sessions. If using a video call, the couple must be together, using the same video device and be in a quiet, private room.

Is there a fee?

There is no charge for therapy as the Penthos Program is fully funded by private donors who understand the impact of grief on couples and families.

Eligibility?

Penthos understands that the loss of a child or pregnancy represents a crisis for a couple and stresses their relationship. In the ensuing months many couples begin to emerge from this crisis and grief but for some couple's things seem to get worse, and their relationship suffers.

The Penthos program is designed to help these couples deal with their pain. The evidence-based program is available to couples who have lost a pregnancy, experienced unsuccessful IVF, a miscarriage, or stillbirth at least three months after the loss. It is also available to couples who have lost a child as a result to perinatal complications, illness, suicide or accident, and whose relationship seems to be deteriorating after the loss.

Parents who have experienced the loss of a child less recently and are still experiencing remitting grief are also eligible.

If this sounds like you and as a couple you are interested in accessing this form of help. Penthos will link you with one of its specially trained therapists.

How do we contact Penthos?

You can contact us in one of three ways.

1 . Ring the Penthos Program Coordinator, Carla Farah 0416 341005, between 9- 6pm.

If the coordinator is not available, please leave a message and she will return your call as soon as possible.

2. Email admin@penthos.org.au

3. Visit our website www.penthos.org.au

Please do not hesitate to contact us if you wish to find out more about the program or to apply.

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