

Humboldt County Grief & Bereavement - Local Support and Internet Resources

Hospice of Humboldt - Grief services include support groups and support by phone. 2010 Myrtle Avenue, Eureka, CA 95501 (707) 445-8443.

Public Health Nursing, Department of Health & Human Services - A Public Health Nurse will provide support when a family has experienced a fetal demise, infant or child death. Referrals are accepted from agencies, medical providers, and families may self-refer. (707) 268-2105 or 1-866-597-1574.

The Compassionate Friends - a national nonprofit, self-help support organization that offers friendship & understanding to bereaved parents, grandparents & siblings. There is no religious affiliation & there are no membership dues or fees. Call 1-877-969-0010, and you will be connected to a local resource and support group. <http://compassionatefriends.org>

Programs that provide information & support on Sudden Infant Death Syndrome

California SIDS Program - SIDS. Call 1-800-369-SIDS (7437); <http://www.californiasids.com/>

National SIDS Resource Center (NSRC) - provides information services and technical assistance on SIDS. <http://www.sidscenter.org>

SIDS Network - <http://sids-network.org>

SIDS Alliance/First Candle - a national, nonprofit dedicated to eliminating SIDS. They have expanded their mission to include all sudden, unexpected infant deaths from the prenatal period through age two. <http://www.sidsalliance.org/>

The CJ Foundation for SIDS - nationwide organization dedicated to recognizing the special needs of the SIDS community through funding SIDS research & support services. <http://www.cjsids.com/>

Additional resources

SHARE - a nonprofit, nondenominational support organization to those whose lives are touched by the loss of a baby through early pregnancy loss, stillbirth or newborn death. <http://nationalshareoffice.com>

Sharing Parents of Sacramento - a support group for those whose babies have died from the time of conception through early infancy. <http://sharingparents.org>

Helping After Neonatal Death (HAND) - <http://www.handonline.org>

MISS: Mothers in Sympathy and Support - <http://www.misschildren.org/>

Center for Loss in Multiple Births (CLIMB) - For parents throughout the United States, Canada, Australia, New Zealand and beyond who have experienced the death of one or more, both or all of their twins or higher multiples at any time from conception through birth, infancy and childhood. You can e-mail them to receive a free copy of their newsletter. <http://www.climb-support.org>

A Place to Remember - an excellent resource guide with links to many web sites on the topic of perinatal loss and grief. <http://www.aplacetoremember.com/griefwww.html>

GriefNet - an Internet community of persons dealing with grief, death, and major loss. The companion site is KIDSAID, which provides a safe environment for kids and their parents to find information and ask questions. <http://www.griefnet.org/>

For more information contact: MCAH, Public Health Branch, DHHS, 317 2nd St., Eureka, CA 95501
1-800-698-0893 or 707-445-6210

Grief is a spiral of feelings, seasons and experiences. It is not a straight line with a beginning and ending. The process of grief is healing the pain of loss and keeping the treasured memories and love within your heart.



Resources related to high risk pregnancies and miscarriages:

Wisconsin Stillbirth Service Program - a large site which includes many links, information on stillbirth, an on-line newsletter and educational resources.

<http://www.wisc.edu/wissp>

Sidelines - a network of support groups around the US for women with complicated and "high risk" pregnancies. <http://www.sidelines.org>

Ectopic Pregnancy - a compassionate information resource compiling facts, stories, poetry and other items of interest to those who have experienced an ectopic pregnancy. <http://www.ectopicpregnancy.com>

Could You Please Just Listen?

From the SIDS Network, written by Debbie Gemmill, June 1988

My baby has died. Please don't tell me you know how I feel. You don't. You can't. I hope you never do. Don't tell me that he's with God and I should be happy. How can I be happy when every time I go into his nursery all I see is an empty crib and toys that will never be played with? How can I be happy when my arms ache to hold him?

Please don't tell me God needed another angel. It's hard for me to understand why God would take away this little one who was so loved. Maybe I'll understand later. But for right now.... let God find another angel. Please, please, please don't tell me I'll have other children. Maybe I will... but my son was not a puppy that ran away.... he cannot be replaced.

Maybe you could just listen when I remember out loud all the things we did together... the walk, the early morning feedings, the first time he rolled over. Maybe you could just sit with me while I cry over all the things we'll never do together.

Please don't tell me it could be worse. How?

I really don't want to hear about your grandfather's death. It's not the same. Don't think my pain will be eased by comparison. Of course I'm glad that he didn't suffer, but I'd be a lot happier if he hadn't died at all.

I know it must be hard for you, but would you mind looking at his picture just one more time, we don't have many of him and I'm just a little bit afraid that I may forget what he looked like. He wasn't here that long, you know.

Could you please just listen?

Don't tell me I'll get over it. There is no "over it", only through it. Maybe you could just be with me while I take my first steps through it. Please don't tell me I should be glad he was just a baby, or that at least I didn't get to know him. I knew him before I ever saw him. He is a part of me. And now he is gone. I haven't just lost a seven-month old baby. I have lost a part of myself.

I know you mean well, but please don't expect me to tell you how to help me. I'd tell you if I knew, but right now I can hardly put one foot in front of the other. Maybe if you looked around, you could find some things to do, like taking my daughter for a walk, or doing the dishes, or making some coffee. **PLEASE DON'T TRY TO REMOVE MY PAIN OR DISTRACT ME FROM IT. I HAVE TO FEEL THIS WAY NOW.** Maybe you could just listen.