

Free Local Resources

Mental Health America of Northern Kentucky and Southwest Ohio

2400 Reading Road, Suite 139

Cincinnati, OH 45202

877-361-4518 or 513-721-2910

www.mhankyswoh.org/probono

Free service in Hamilton County available to adults who are unemployed, uninsured, under insured, or unable to afford traditional counseling services.

Optum Palliative and Hospice Care

9050 Centre Pointe Drive

West Chester, OH 45069

513-682-4040

www.optum.com/hospice/care-services/bereavement.html

Provides online resources and community-based bereavement support for those suffering the loss of a loved one, call for more information.

Vitas Healthcare

11500 Northlake Drive Suite 400

Cincinnati, OH 45249

513-742-6310

www.vitas.com/oh/cincinnati-dayton-hospice/hospice-care-services/bereavement-and-grief-resources

Community resource referral: grief therapists, community support groups, legal services, etc.

Other Community Resources

You can also contact your family doctor, local funeral home, or religious community for additional support.

Online Resources

Center for Loss in Multiple Birth (CLIMB)

www.climb-support.org

- Personal stories
- En Español

CJ Foundation for SIDS

www.cjsids.org

- Free parent-to-parent online support group
- Bereavement packets upon request

The Compassionate Friends

www.compassionatefriends.org

- Online support community with live chats
- Crisis hotline information

First Candle

www.firstcandle.org

- For grief support call 1-800-221-7437
- Counselors are available 24/7

Grieve Out Loud

www.grieveoutloud.org

- Resource page to have your child remembered
- List of support forums

Healing Hearts

www.babylosscomfort.com

- List of grief resources
- Facebook healing community

MISS Foundation

www.missfoundation.org

- Provides family support packet
- Hope Mentors program

SID Network of Ohio

www.sidsOhio.org

- For grief support call 800-477-7437 or by e-mail: Leslie@SIDSOhio.org



Public Health
Prevent. Promote. Protect.

Butler County Health Department

301 S. 3rd St.

Hamilton, OH 45011

513-863-1770

www.butlercountyohio.org/health

Funded by Ohio Department of Health, Child and Family Health Services

Butler County Grief Resources

Our Deepest Condolences

We have provided some local and online resources to offer support and hope with grieving the loss of your baby.

Some people make the sky more beautiful to gaze upon. They stay in our lives for awhile, leave footprints on our hearts, and we are never ever the same.

Flavia Weedn

Tips for Dealing with Grief

- Grief is a journey and not an event.
- Talk about your baby and how you feel with someone.
- Try to stay healthy by eating a well-balanced diet, drinking plenty of water, and exercising.
- Go for a walk even if it is just around the block.
- Try meditating or breathing exercises.
- Avoid alcohol as it can contribute to depression.
- Even if having problems sleeping, have rest patterns established.
- Do something special for yourself.
- Play music you enjoy listening to or try listening to something new.
- Write down your feelings, thoughts, and dreams in a diary or journal.
- Accept help from others.
- Set small goals for yourself.
- Connect with others. Join a support group whether it be in person or online.
- Take it one day, one hour, one minute at a time.

Ways to Remember

- Write a letter or poem to your baby.
- Plant a tree or a flowering bush in memory of your baby.
- Create a memory book, memory box, or photo album.
- Plan something special on the anniversary or birthday.
- Share stories with friends and family.
- Give a gift to a hospital for children in memory of your child.
- Donate a book to a local library in memory of your child.
- Create a needlework or memorable craft.
- Make dedications in memory of your loved one.
- Have some keepsakes such as a candle, personalized jewelry, or a garden stone.

What is Fetal Infant Mortality Review (FIMR)?

The goal of FIMR is to embrace the community in reaching a common goal: decreasing fetal and infant mortality in Butler County. We listen to the families who have lost a baby to hear the unique perspective of their baby's death. This is a chance for the mother to describe her experiences in her own words. We want to hear about your pregnancy, your personal experiences surrounding the loss of your child, the services you received, and the ones you wished for that were not available. The information will be reviewed and help give our community ideas to help prevent other babies from dying.

Did you know that Ohio's infant mortality rate exceeds the national rate? Three Ohio babies die every day. Ohio's black babies die at more than twice the rate of white babies. We want to change all of that. This is why we would love to hear your story.

Please contact us for more information:

Karen Carr RN
Fetal Infant Mortality Review Nurse
Butler County Health Department
513-887-5250
carrke@butlercountyohio.org

Free Local Resources

Butler County Mental Health Board

Butler County's 24/7 toll free crisis hotline:
1-844-427-4747 or 1-844-4CRISIS

www.bcmhb.org

Visit our website to view a list of counseling services in our community or call 513-860-9240.

Companions on a Journey Grief Support

5720 Hamilton Mason Road
Liberty Township, OH 45011

513-870-9108

www.companionsonajourney.org

Perinatal-Neonatal Loss Group - Call for information and registration. This group is designed for any parent who has suffered a miscarriage or death of a child. Also provides a Mending Hearts Program for Grieving Children, Teens and Families, a faith-based ongoing grief support program offering a safe and nurturing environment for all children ages 4-18 and their families who have experienced a death.

Crossroads Hospice @ Central YMCA

105 N. 2nd Street, Hamilton, OH 45011

513-786-3781

www.crossroadshospice.com/locations/ohio/cincinnati-oh/cincinnati-oh-grief-recovery

Grief recovery program, call for more information regarding dates/times. Crossroads Hospice also offers other programs at various locations in Cincinnati.

Fernside

4360 Cooper Road
Cincinnati, OH 45242

513-246-9140

www.fernside.org

An affiliate of Hospice of Cincinnati which offers a bereavement program for grieving children and teens, ages 3-18 and their families. Offers a variety of support groups.

Heal Program at Atrium Medical Center

One Medical Center Drive
Middletown, OH 45005

513-705-4056

www.atriummedcenter.org/heal

Heal (Help Endure a Loss) group meets the 3rd Tuesday evening of each month from 7-9 p.m. at the Hilltop OB/GYN office, Atrium Medical Center, Professional Building, 1st floor. No registration necessary. Meetings are open to all families regardless of where they may be in their grief or how long it has been since their loss. Also a group is available for grandparents mourning their loss in a special way.

Heartland Hospice Care

3960 Red Bank Road, #140
Cincinnati, OH 45227

513-831-5800

www.heartlandhospice.com/grief-and-loss-support/grief-and-loss-support

Services include support groups, grief seminars, community resources and referrals.

Hospice of Hamilton

1010 Eaton Avenue
Hamilton, OH 45013

513-246-9357

www.hospiceofhamilton.org/grief_support.shtml

Offers an afternoon support group on Thursdays, call for more information and to register.

To speak with someone immediately, call 513-891-7700, option 4, available 24 hours a day/7 days a week.

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Continued on Following Panel