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# Born still

Gynaecology and Obstetrics, Medical Psychology

Stille Geburt – Frauenheilkunde, Medizinische Psychologie

Dear mother, dear father,

You have received the very sad and painful news that your baby is no longer alive. We would like to offer you our help and support in this difficult situation.

## During your hospital stay

- ▶ If you would like **psychological counselling and support** during your stay in the hospital, please inform your attending physician or a member of the nursing staff who can get in touch with a member of the Women's Counselling Service for you. She is there to listen to you and talk to you, to help you say goodbye to your baby in whatever way you choose and, if you wish, to offer advice on funeral arrangements.
- ▶ The ward doctors and nursing staff are available day and night to answer any **medical questions** you may have.
- ▶ Please **inform your midwife** if you want to have your baby blessed, or have an emergency baptism or naming ceremony performed. You can also discuss funeral and burial arrangements with the midwife. If you so wish, the midwife will contact a **chaplain** for you.
- ▶ If required, we can arrange a consultation with a female member of the Social Counselling team who can offer help and support in the following areas: advice on financial aspects, issues relating to returning to work, arranging an individual burial plot if desired.

Please don't be afraid to ask our staff for every bit of help and support you feel you need!

## After leaving hospital – when you're back home

- ▶ If you need **psychological counselling and support**, you can contact the Women's Counselling Service at the Dept. of Medical Psychology as an outpatient. Telephone: +43 (0)50 504 26117 or one of the listed telephone numbers.
- ▶ If you have any **medical queries** you would like answered after leaving the hospital, please contact any of the listed doctors. A consultation is generally scheduled for all patients two to three months after leaving hospital.
- ▶ A **midwife** can also be your first point of contact once you are back home. She can check your physical progress and offer you emotional support during this difficult time. The costs may, to some extent, be covered by the 'Krankenkasse'.
- ▶ The hospital chaplaincy offers **spiritual counselling and support**. A memorial service for stillborn children is held several times a year.
- ▶ If you require **social work assistance**, please contact a member of our Social Counselling team.
- ▶ If you would like to get in touch with other parents who have been through a similar experience, information is available from the self-help group organisation 'Selbsthilfe Tirol'.
- ▶ All the 'Eltern-Kind-Zentrum' family centres in the Tyrol offer support and advice to help you cope with your bereavement.

Please don't be afraid or embarrassed to accept professional help for yourself, your partner and your children.

## We are here for you to answer any questions you may have

**Innsbruck University Hospital,  
Dept. of Gynaecology and Obstetrics  
Univ.-Klinik für Gynäkologie und Geburtshilfe**

Angela Ramoni, MD, Consultant ..... +43 50 504-814 44

**Innsbruck University Hospital, Dept. of Medical Psychology  
Univ.-Klinik für Medizinische Psychologie**

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Women's Care Centre,  
administration office ..... +43 50 504-26117

**Innsbruck Hospital Chaplaincy  
Seelsorge**

Tommy Mullur, MSc ..... +43 50 504-803 87  
Chaplaincy administration office ..... +43 50 504-222 85

**Social Counselling  
Sozialberatung**

Barbara Bloch, Social Worker ..... +43 50 504-814 65  
Dominika Kammerlander, Social Worker... +43 50 504-827 26

**Midwives/ Hebammen**

Tyrolean branch of the Austrian Midwives' Association  
Österreichisches Hebammengremium  
Landesgeschäftsstelle Tirol

Amberggasse 1, 6020 Innsbruck, Austria

**Telephone** +43 660 274 00 88  
**E-mail** tirol@hebammen.at  
**Website** tirol.hebammen.at

**Self-Help Groups Tyrol/ Selbsthilfe Tirol**

Innrain 43, Groudfloor, 6020 Innsbruck, Austria

**Telephone** +43 512 577 198  
**E-mail** dachverband@selbsthilfe-tirol.at  
**Website** www.selbsthilfe-tirol.at

**Family Centre/ Elter-Kind-Zentrum Innsbruck**

Amraser Straße 5, 6020 Innsbruck, Austria

**Telephone** +43 512 587 270  
**E-mail** info@ekiz-ibk.at  
**Website** www.ekiz-ibk.at

Information for parents whose baby has died before, during or shortly after birth

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Nuray Dario Ruth Helga Lucia Paul Celina Franz Emma Peter Rubi Georg  
Antonia Patrik Enderson Sigrid Joseph Fabian Laurin Kristijan Yusuf Nelly Shalik  
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