



PENTHOS

Responding to grief and loss in couples and families

INFORMATION SHEET ABOUT PENTHOS PROGRAMS

What is Penthos?

Penthos is an established mental health charity which provides a specialist therapy program to couples who are struggling with grief following the death of a child or young adult.

The loss may be the result of a loss of pregnancy, a stillbirth or the death of a child or young adult (up to the age of 25 years) through illness, accident, or suicide.

Penthos understands the emotional impact of such traumatic losses which at times may feel unbearable and can severely stress relationships.

In the months after a loss many couples begin to emerge from the crisis and grief but for some couples things seem to get worse, and their relationship suffers. This is an indication of unresolved grief.

Our evidence-based program has been shown to be effective in helping couples deal with unresolved loss.

What is the program?

The 16-week program is an evidence-based, specialized intervention for couples suffering **unresolved grief**.

The intervention provides a comfortable and private space for couples 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 program can also be accessed online.

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 attend in-room sessions.

If taking up the online option we ask that couples attend together, using the same video device and be in a quiet, private room.

Is there a fee?

The Penthos Program is fully funded by private donors who understand the impact of grief on couples and families.

For their part couples are asked to make a commitment to complete the program and fill out questionnaires associated with evaluating the program.

Penthos treats all information confidentially and maintains a privacy policy.

Taking steps to contact Penthos.

If you feel this program could help you and you would like to find out more, 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 us at: 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.

We are here to help and waiting to hear from you.

Published January 2024

Penthos Inc, ABN: 64793981936

Mentis Centre, Suite 202, BMA House, 135 Macquarie St, Sydney, NSW 2000 www.penthos.org.au