

CHQ Bereavement Service

Peer Mentor Program

The Peer Mentor Program is a statewide service that provides newly bereaved parents and carers the opportunity to access a mentor with bereavement understanding, experience and the capability to offer compassionate guidance.



As part of the Children's Health Queensland Bereavement Services, this program attends to families following the death of a child aged newborn to 18 years.

The program is driven by parents to strengthen support for other grieving families and is consistent with the aim that 'no grieving family is left behind'.

Prospective mentors are bereaved parents at least two years post loss who are interested in volunteering their time to support a newly bereaved parent. Initial contact with the program project lead or bereavement co-ordinator occurs to gather readiness and fit as a mentor. Mentors are onboarded as consumer volunteers undergoing the relevant checks.

"The most meaningful aspect of my mentorship has been the privilege in walking alongside grieving parents."

Mentees who express interest in joining the program are referred via our bereavement coordinators, who will sensitively evaluate the suitability of the program for mentees. If more formal support is required for a particular family, the bereavement coordinators will explore and offer those forms of care.

"Being able to speak with someone who has been through loss has been extremely helpful. I find it comforting to know that my thoughts and feelings are normal for someone who has lost a child.

Talking with a peer mentor gave me light at the end of the tunnel because in your darkest hour it seems impossible to cope with such a loss."

Matching of mentor and mentee includes consideration of geographical location, child's diagnosis, age and circumstances of child at death. Other factors that can impact the matching process include gender of the parent, certain requests by the mentee in relation to mode of connection and the capacity for a mentor to take on further mentees. Safeguards are built into the program for both mentor and mentee wellbeing.

Find out more

Contact us for more information on how to become a mentor or mentee.

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