



## PEER COMPANION PROGRAM (1-1 PEER SUPPORT)

*Some families are initially not comfortable attending support groups (in person or online). We have found that some of the best support is given by those who have personal experience with losing a baby. These individuals can offer guidance and emotional support when families find out their babies have passed away or will soon pass away.*

### What types of loss can peer companion support?

- Our peer companions have been trained to support families who lose a baby at any point in their pregnancy or infant death
- Our chapter currently has peer companions who have personal experience with the following: stillbirth and pregnancy after loss
- Please email [sandhillsnc@starlegacyfoundation.org](mailto:sandhillsnc@starlegacyfoundation.org) if you would like to be paired with a peer companion

### Who can become a peer companion?

- Someone who has first-hand experience with losing a baby and feels comfortable supporting someone else who has also lost a baby

### What can peer companions do?

- Most of our peer support takes place after patients leave the hospital, however, at your request, they can visit you as a guest in the hospital before, during or after delivery
- Connect to you or a family member by phone, text or email and/or meet in person
- Answer questions about their personal experiences
- Talk about ways to create memories during your time with your beloved baby. This might include taking photos or doing footprint molds
- Provide you and your family with emotional support in the weeks, months after your loss
- Helping you transition back to work
- Support you when you have another pregnancy after your loss

### What can't peer companions do?

- Make decisions for you
- Give you medical advice
- Pressure you or a family member to utilize certain services

### How can I become a peer companion?

- In order to become a peer companion, you must be trained in grief and support services provided by Star Legacy Foundation. Please reach out to our chapter by emailing [sandhillsnc@starlegacyfoundation.org](mailto:sandhillsnc@starlegacyfoundation.org) and a representative will contact you as soon as we are able.