



Working With Women Who

Working with parents who have lost a baby

Dr Nicole Highet



Dr Nicole Highet is the Founder and Executive Director of the Centre of Perinatal Excellence (COPE). Nicole has a background in clinical psychology, marketing, campaign development, and advocacy. Following over thirteen years at Beyond Blue as Deputy CEO, Nicole founded COPE in 2013 in response to the growth and success of Australia's National Perinatal Depression Initiative (NPDI).

COPE has a dedicated focus on the specific issues faced by women, men, partners and their families during pregnancy and the year following birth, in order to reduce the known personal, social and economic costs associated with undiagnosed and untreated perinatal mental health conditions. COPE's work includes electronic approaches to psycho-education, e-screening platforms, online training, an e-COPE Directory and e-health promotion initiatives, amongst others.

Eliza Strauss



Eliza Strauss is a Bereavement Midwife and Co-Founder of The Perinatal Loss Centre, Melbourne, Australia. Eliza established The Perinatal Loss Centre with Dr Renee Miller, Perinatal Psychologist, to provide perinatal loss education and support to health professionals who work closely with bereaved parents following a pregnancy loss or after the death of their baby(ies). Eliza also works as a Birth Suite Associate Midwifery Unit Manager, and as the Principal Bereavement Midwife in a private maternity



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hospital in Melbourne, Australia. She established and continues to run a unique Bereavement Support Program at her workplace which supports bereaved families following a perinatal loss.

She holds qualifications in Nursing, Midwifery, and Bereavement Counselling & Intervention, and she has enjoyed a combined career in Nursing & Midwifery for over 30 years. Eliza was awarded the National "Excellence in Bereavement Care Award" (2018) by ACM (Australian College of Midwives) for her work in the area of perinatal loss in a maternity hospital setting. Eliza believes that every family should receive best practice, quality bereavement care at every point in the painful trajectory of loss and grief. Her passion lies in educating other health care professionals to equip them with the tools necessary to care for these vulnerable families at a devastating time in their lives.