

How and where can I find telephone support?

Griefline (03) 9935 7400

Telephone support from midday to 3am

Care Ring 136 169

24 hour telephone support

Lifeline 131 114

24 hour telephone support

Suicide Hotline 1300 651 251

Kids Helpline 1800 551 800

24 hour telephone support

Compassionate Friends (03) 9888 4944

Bereaved Parents & 1800 641 091

Siblings Support

Palliative Care

V I C T O R I A

Specialist health care and practical support

Level 2, 182 Victoria Parade
East Melbourne VIC. 3002

T (03) 9662 9644

F (03) 9662 9722

E info@pallcarevic.asn.au

I www.pallcarevic.asn.au

about

Grief and Bereavement Counsellors

What is grief and bereavement?

Grief is a reaction or response to significant change or loss.

Grief can be associated with illness or injury, loss of a job or relationship, loss of independence, or death.

Bereavement is loss and grief following death.

Grief and bereavement may affect our thinking, emotions, physical and spiritual well being, relationships, and behaviour.

Further information on grief is available in the Palliative Care Victoria leaflet titled '*about Grief*'.

Who can help me in my grief?

Family, friends and local community are often the best sources of help in times of grief and bereavement. Sometimes however what they can offer is limited.

Community or religious organisations, health services and private counselling can be helpful.

Bereavement support groups and other common interest groups can also assist.

Palliative care services can help by providing access to support, information and counselling.

What is grief and bereavement counselling?

Grief and bereavement counselling is a confidential discussion about loss and its impact.

It is a process where people can express and learn more about their grief experiences, and receive the support they need.

When can counselling help?

Counselling may help if you feel you are really struggling with your grief, or if you feel there is no-one else you can talk to about what you are going through.

Counselling may help soon after your loss or even years later, as life events can sometimes trigger unexpected reactions you may wish to explore.

Counselling may help if you feel that family, friends and community are placing expectations on you and your grief that seem hard to achieve.

What is different about talking to a Grief and Bereavement Counsellor?

Grief and Bereavement Counsellors are specially trained and experienced in counselling and supporting people who are bereaved or grieving.

- They will listen and learn about you and your specific experience of grief
- They will help you identify and access what you need to help you in your experience of grief and bereavement
- They will support you in expressing your grief in whatever way is safe and right for you
- They will provide you with information and strategies which you may not have considered before

- They will respect your right to manage your grief and bereavement in your own way
- They will not tell you how you should or shouldn't feel or behave
- They will not expect you to do your grieving within a timeframe, and
- They will not need to be protected from your pain and tears

How and where can I find a Grief and Bereavement Counsellor?

The following organisations will assist you to locate a specialist bereavement counsellor:

Your *local palliative care service*

Bereavement and Counselling Support Service (03) 9265 2111

Local Community Health Centre
(look under "Community Health Centres and Services in the yellow pages)

General Practitioner
(for a referral)

Counsellors
(look under Counselling – marriage, family and personal in the yellow pages)

Google search – Counsellors + your local area

Carers Victoria Freecall 1800 242 636