

Grief, Loss and Bereavement



WA resources for support and counselling

Telephone support

Griefline – 1300 845 745 <https://griefline.org.au/>

Beyond Blue – 1300 224 636 www.beyondblue.org.au

MensLine – 1300 78 99 78 www.mensline.org.au

Kids Helpline – 1800 55 1800 www.kidshelpline.com.au - for children and young adults

For crisis support and suicide prevention services

Call Lifeline 13 11 14 www.lifeline.org.au

Grief counselling and support groups

Counsellors and psychologists

- Ask your GP for a Mental Health Care Plan and referrals for counselling for individuals, couples and families \$
- Counselling sessions by video or phone for rural people - <http://www.ruralhealthconnect.com.au>

Grief Centre of WA – 0404 658 052 www.griefcentrewa.org.au

- Provides counselling for individuals, couples, families as well as running support groups \$

Grief Australia – (03) 9265 2100 <https://www.grief.org.au/>

- Specialist telephone bereavement counselling (call to book a counselling session) \$

South West Grief and Loss Centre – 9731 5551 www.southwestgriefandlosscentre.com.au

- Provides counselling and workshops in person, over the telephone and online \$

Counselling and support for specific groups

Carers WA

- For in-person and telephone counselling for carers, call Carer Gateway on 1800 422 737.
- For social support groups for carers, call 1300 227 377 or socialsupport@carerswa.asn.au.

Cancer Council

- For people diagnosed with cancer and their family and friends, call 13 11 20 to book an in-person or telephone grief counselling session. Four sessions are provided for free.
- *Life After Loss* is a telephone cancer support group for grief and bereavement. Call 1300 755 632 for more information.
- <https://cancerwa.asn.au/cancer-support/get-support/emotional-physical-wellbeing/cancer-counselling-services/>

Lionheart Camp for Kids

- Support for children and teens navigate their grief journey following the death of a loved one
- More information on 0481 199 758 or at <https://lionheartcampforkids.com.au/>

Lifeline

- Free counselling related to separation or bereavement of a partner, child or parent of a young person or child – more information at <https://wa.lifeline.org.au/services/counselling-services/counselling/>
- Counselling can be in-person in Perth or anywhere in WA by telephone or video call. Contact 9261 4444 or reception@lifelinewa.org.au

Willow – peer support for people who supported a loved one through Voluntary Assisted Dying

- To find our more email enquiries@willowsupport.org or visit <https://connectgroups.org.au/directory/listing/willow>

Compassionate Friends WA – 9535 7761, 1300 064 068 <https://tcfa.org.au/wa-mandurah/>

- Support for families grieving the death of a child, of any age, from any cause

Solace WA – 0488 991 084 www.solacegriefsupportwa.org.au

- Telephone support and support groups for those grieving the loss of their spouse, partner or fiancé.

Useful Websites for Grief and Loss

www.griefline.org.au

www.grieflink.org.au

www.whatsyourgrief.com

www.mygriefassist.com.au

www.grief.org.au

Note: \$ means there are costs involved in some services.