



Palliative Care Western Australia
Living, dying & grieving well

Grief, Loss and Bereavement

WA resources for support and counselling

Telephone support

Griefline - 1300 845 745 <https://griefline.org.au/> (also Zoom support groups)

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 or visit 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 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 - <https://dragonflysrest.com.au/grief-counselling/>

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

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

Useful Websites for grief and loss

griefline.org.au

whatsyourgrief.com

grief.org.au

grieflink.org.au

mygriefassist.com.au

learninggrief.org

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 phone cancer support group for grief and bereavement. Call 1300 755 632
- <https://cancerwa.asn.au/cancer-support/get-support/emotional-physical-wellbeing/cancercounselling-services/>

Dementia Australia

- Free in-person, phone or Zoom counselling for a person with dementia or family/carers – book on 1800 100 500. Peer support also available. <https://www.dementia.org.au/get-support/counselling>

Supporting children, teens and families through grief

- Lionheart Camp for Kids – 0481 199 758 or <https://lionheartcampforkids.com.au/>
- Learning through Loss resources – <https://learningthroughloss.org.au/resources/>

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

- Email enquiries@willowsupport.org

The Compassionate Friends Mandurah – 1300 064 068 (24hrs) –

<https://tcfa.org.au/wa-mandurah/>

- Support throughout WA 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.

