



Grief, Loss and Bereavement

WA Resources for Support and Counselling

Telephone counselling and support

Griefline – 1300 845 745 www.griefline.org.au - also provides online counselling

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

Australian Centre for Grief and Bereavement – 1800 642 066 or (03) 9265 2100 <https://www.grief.org.au/>

Provides specialist telephone bereavement counselling. Call to book a telephone counselling session. \$

For crisis support and suicide prevention services

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

Grief counselling and support groups

Lifeline

- Lifeline provide free grief and loss counselling in-person in Perth or anywhere in WA by telephone or video call. Contact them on 9261 4444 or reception@lifelinewa.org.au
- www.wa.lifeline.org.au/services/counselling-services/support-in-times-of-grief-and-loss

Counsellors and psychologists

- Ask your GP for a Mental Health Care Plan and referrals for counselling for individuals, couples and families. \$
- Sessions over 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. \$

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.
- www.cancerwa.asn.au/patients/support-and-services/cancer-counselling

Aged Care Grief and Bereavement Support – 1800 222 200 www.aged.grief.org.au

Individual grief and loss counselling for aged care residents, home care recipients, their families and those impacted by COVID-19.

Compassionate Friends WA – 6107 6288 or 6107 6257 www.compassionatefriendswa.org.au

This group provides support for families grieving the death of a child, of any age, from any cause

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

This group provides telephone support and support groups for those grieving the loss of their spouse, partner or fiancé.

Useful Websites for Grief and Loss

www.grief.org.au

www.grieflink.org.au

www.griefline.org.au

www.mygriefassist.com.au

www.whatsyourgrief.com

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