

Information and Resources about Loss and Grief and Bereavement Support Services

Grief, Loss and Bereavement services provided by South Australian health services and Non-Government Organisations in the community are often subject to funding, and can change over time.

For this reason, bereaved persons are encouraged to consult with their General Practitioner (GP), as:

- Your GP is often best placed to provide direct support, advice and/or referral to other local services to appropriately meet your individual preferences, cultural or language needs.
- Talk to your GP for advice about any community services or support groups that offer bereavement support in your local area.
- Your GP may also be able to recommend a Psychologist or Accredited Mental Health Social Worker with specialised interest in bereavement/loss and grief for 1:1 counselling support. Ask your GP about whether counselling sessions may be covered by Medicare under a Mental Health Plan.

Culturally and Linguistically Diverse Communities

South Australia is a multi-cultural community, with many organisations that can provide linguistically and culturally appropriate support – which may include social, emotional or practical support that can assist with grieving. A comprehensive list of multi-cultural organisations can be found at:

SA Community: Multicultural Groups & Services

https://sacommunity.org/thesaurus/13233-Multicultural_Groups_%2526_Services

Grief and Bereavement specific support organisations in South Australia

Anglicare

Provides a range of grief support services for younger bereaved children and adolescents following the death of a parent, sibling or significant adult.

More information and registration via this link:

<https://anglicaresa.com.au/support/loss-grief/>

Children's bereavement counselling

Specialised loss and grief counselling services for children aged 6-17 years who are bereaved following the death of a parent, sibling or significant adult. More information and registration via this link:

<https://anglicaresa.com.au/support/loss-grief/loss-grief-counselling/>

Camps

Free weekend camps for bereaved children and young people who have lost a parent, sibling or other significant person

Star bear – for children aged 5-12 years;

Star bound – adolescents up to 17years

There are two Star Bear and one Star Bound camp each year. Children and young people are paired with trained volunteer mentors and experience therapeutic sessions, sports, games and arts and crafts. More information and registration via this link: <https://anglicaresa.com.au/support/loss-grief/loss-grief-camps/>

Groups

Children 6-12 can access the service. More information and registration via this link:

<https://anglicaresa.com.au/support/loss-grief/loss-grief-support-groups/>

Carers SA

Short-term counselling available. Sessions can take place face-to-face, by telephone, or via Skype. Counsellors work across metropolitan and rural regions of South Australia. There may be a small fee to use the counselling program, however the fee may be waived under certain circumstances.

Bi-lingual counsellors are available in some languages and areas. If English is not your first language and you would like an interpreter please tell us. Or you can call the TIS National Interpreting Service directly on 131 450.

Telephone: **1800 242 636**

<https://www.carers-sa.asn.au/how-can-we-help/counselling/>

Grief's Journey

Support group for younger adults (under 50) who have lost a spouse or partner. The group holds monthly meetings with structured topics, a forum for self-expression and a social program.

https://sacommunity.org/org/216911-Grief%27s_Journey_Adelaide

Solace (SA)

Provides grief support for those grieving over the death of their partner.

Weekly meetings, that can include:

- One to one support for members whose loss is recent, new members and those who are dealing with special anniversaries.
- General membership group support. Group discussion is encouraged with support workers adopting the role of group leaders. Topics are discussed relevant to grief and loss and learning to live alone.

Telephone contact for Adelaide: **(08) 8272 4334**

<http://www.solace.org.au/sa/>

The Compassionate Friends (SA)

The Compassionate Friends (SA) Inc. is part of a world-wide organisation offering friendship and understanding to families following the death of a son or daughter, brother or sister. TCF offers support in the grief and trauma which follows the death of a child at any age and from any cause.

<https://compassionatefriendssa.org.au/support/monthly-support-group-meetings/>

<https://compassionatefriendssa.org.au/support/24-hour-grief-telephone-support/>

Mental Health & Crisis Response Services

Grief is our response to loss. It is the normal, natural and inevitable response to loss and it can affect every part of our life, but it is varied and different for different people. Many people find that they are able to gradually adjust and to live with their loss with support of family and friends and their own resources. However for some, there may be distressing circumstances of the death, such as a traumatic or sudden death, or there may be circumstances in your life which make your grief particularly acute, complicated or prolonged.

In some instances, it can be helpful to seek support from mental health services – this could include: experiencing suicidal thoughts, or experiencing worsening signs and symptoms of depression or anxiety.

In an emergency, call 000 for police or ambulance.

Lifeline

Lifeline's 13 11 14 service is staffed by trained volunteer telephone counsellors who are ready to take calls 24-hour a day, any day of the week from anywhere in Australia. Lifeline also provides information about other support services that are available in communities around Australia.

Telephone: **13 11 14**

<https://www.lifeline.org.au/>

Mental Health Triage

The SA Health Mental Health Triage 13 14 65 service operates 24 hours a day, 7 days a week. This service:

- Is the main point of access into mental health services
- Can provide advice and information in a mental health emergency or crisis situation
- Is staffed by mental health clinicians
- Will triage and refer to Assessment and Crisis Intervention Service (ACIS) teams where appropriate.

If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone the mental health triage service on **13 14 65**.

Beyond Blue

Loss and grief can put people at risk of becoming depressed. Beyondblue provides information and answers to your questions about mental health concerns such as depression and anxiety.

Telephone: **1300 22 4636**

<https://www.beyondblue.org.au/>

Kids Helpline

This Australian confidential, anonymous and online telephone counselling service is specifically for young people aged 5-25 years.

Telephone: **1800 55 1800**

<https://kidshelpline.com.au/>