



Loss And Grief

Grief is a normal emotional and physical response when we have experienced a significant loss and/or change in our lives. The death of someone we love can result in emotional responses such as disbelief, anger, guilt, intense sadness, and a feeling of emptiness.

It may be hard to believe in the early days, but the pain does ease and thoughts about the person who has died become more comfortable and memories are treasured. Be patient, tolerant and gentle with yourself as you grieve. It can be helpful to seek the company of others who have grieved by contacting a grief support group or the assistance of professional help. Books, online websites and help lines can also be valuable avenues of information that can help bring understanding to your grief. No one has to bear it alone. **There is help available.**

Compassionate Friends – When a son or daughter dies

Compassionate Friends is a Bereaved Parent Support and Information Group which meets monthly. The grief support telephone line is a message bank service and is available 24 hours a day. Please leave a detailed message and a volunteer bereaved parent will return your call.

Email: support@compassionatefriendssa.org.au

Message bank number: 0456 820 133

Website: www.compassionatefriendssa.org.au

SIDS and Kids SA – When a baby or young child dies

SIDS and Kids SA provides free professional bereavement support for individuals and families who experience or are affected by the sudden and unexpected death of a baby or child from conception to six years of age. This includes miscarriage, stillbirth, neonatal deaths, SIDS and any other accidental deaths.

Safe sleep education, counselling and general enquiries - Phone: 08 8332 1066

24/7 Emergency Crisis: 1300 799 656

Website: www.sidssa.org

SANDS - Stillbirth and Neonatal Death Support

SANDS offers support for those who have suffered the death of a baby any time from conception through to 28 days after birth. Support is also offered to bereaved parents whose baby dies later in infancy.

Phone: 1300 072 637

Website: www.sands.org.au

Bereaved Through Suicide Support Group

Offers support through trained volunteers who have been bereaved through suicide. There are also monthly group meetings, a free library and a monthly newsletter.

Phone: Phone: 8332 8240 8am - 8pm
(or outside of these hours, leave your name and number and a volunteer will return your call)

Email: support@bts.org.au

Website: www.bts.org.au

Solace – When a partner dies

Solace provides grief support for those grieving over the death of their partner. If you are feeling lost and alone, as if half of you is missing, Solace can help by offering support, ongoing acceptance, care and encouragement.

Weekly Meetings:

At the CWA Building, 30 Dequetteville Terrace, Kent Town, Adelaide at 1.30pm

Phone: (08) 8272 4334

Website: www.solace.org.au

Anglicare

Star Bear

This program is for children who are grieving the loss of a parent, sibling or carer. Books can be purchased for children and teenagers.

Phone: 8131 3400

Living Beyond Suicide

This program offers support from trained volunteers on call to assist you.

Phone: 1300 76 11 93

Online and Telephone Support

Grieflink - SA

This site provides information on many aspects of grief, including services and support in SA plus links to other relevant sites and services, books and videos.

Website: www.grieflink.asn.au

NALAG

National Association for Loss and Grief - NSW

Although this site is based in NSW it offers many resources and links.

Website: www.nalag.org.au

Kid's Helpline

A free confidential and anonymous telephone and online counselling service specifically for young people aged between 5-25 years

Phone: 1800 551 800

Website: www.kidshelpline.com.au

Lifeline

The Lifeline service is available 24 hours every day and provides telephone counsellors and information about other support services in Australia.

Phone: 13 11 14

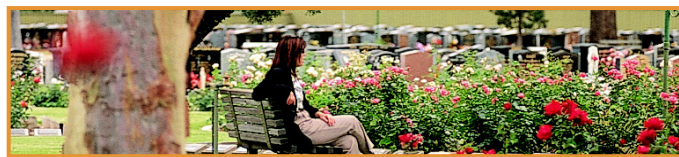
Website: www.lifeline.org.au

Beyond Blue

Loss and grief can put people at risk of depression. This site provides information as well as a list of Doctors and health professionals with expertise in treating depression and related mental health issues.

Phone: 1300 22 46 36

Website: www.beyondblue.org.au



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