

## Support services following a death

The experience of loss following a death is a painful process that can affect all aspects of your life. Your body, emotions, mind, relationships and beliefs can all be turned upside down. It can take a long time to settle. Many people find comfort from talking with their family and friends. If you or someone close to you would like to talk to someone or get information about grief, this list of organisations may be helpful.

Not all organisations listed will be appropriate for your situation.

If you are interested in contacting a private counsellor, you can look through your local Yellow Pages or contact the National Association for Loss and Grief ACT (NALAG) on **0439 922 201** for information.

If you are concerned about your reactions over the next months, we suggest you talk with your GP or you can contact a hospital social worker on **(02) 6244 2222**.

### **ACT Community Health**

Community Care Social Work provides counselling in the community following a death. Social workers are available at Tuggeranong and Belconnen Community Health Centres.

Type of counselling: Short-term one to one counselling with a social workers  
Agency description: Government agency  
Fees: No cost  
Ph: (02) 6207 9977 (Community Health Intake Line)

### **ACT Coronial Counselling Service**

The ACT Coronial Counselling Program supports anyone affected by a death that is being investigated by the ACT Coroners Court. You may be able to access this service from the time of the death up to three months after the inquest process has finalised.

Agency description: Non-government agency  
Address: Relationships Australia, 15 Napier Close, Deakin ACT 2600  
Ph: (02) 6122 7191  
Email: [ACTCCS@racr.relationships.org.au](mailto:ACTCCS@racr.relationships.org.au)  
Web: <http://www.racr.relationships.org.au/services/counselling-services/coronial-counselling>

## **ANU Psychology Clinic**

Provides one to one counselling following a death and stress related health conditions. The clinic is a research, training and treatment centre. Therapy is provided mainly by psychologists completing their postgraduate training in clinical psychology under the supervision of a senior clinical psychologist.

Agency description: University agency  
 Fees: First session free, small cost for following sessions (based on your income)  
 Ph: (02) 6125 8498  
 Web: <http://psychology.anu.edu.au/anu-psychology-clinic>

## **Calvary Hospital Counselling Service**

Provides support following a death and information for patients staying in the hospital and their families/carers.

Type of counselling: One to one counselling with a social worker or a psychologist  
 Agency description: Government agency  
 Fees: No cost  
 Ph: (02) 6201 6320

## **Calvary Hospital Pastoral Care Service**

Offers spiritual and emotional care for patients, their families and staff.

Type of counselling: counselling and support to families  
 Agency description: Non-government agency  
 Fees: No cost  
 Ph: (02) 6201 6665

## **Camp Quality**

Provides support to families of children aged up to 13 years who have cancer.

Agency description: Non-government agency  
 Fees: No cost  
 Ph: (02) 6287 3545  
 Web: <https://www.campquality.org.au/about-us/media-and-news/act>

## Canberra Hospital Social Work Service

Provides support and counselling to family and carers of both inpatients and outpatients of Canberra Hospital following a death.

Type of counselling: One to one counselling with a social worker  
 Agency description: Government agency  
 Fees: No cost  
 Ph: (02) 6244 2222

## Canberra Hospital Spiritual Support Service

Offers spiritual care for patients and their families.

Agency description: Non-government agency  
 Fees: No cost  
 Ph: (02) 6244 3849

## Cancer Counselling Service

Provides support and counselling to families and carers when someone has died from cancer.

Type of counselling: One to one counselling with a social worker or a psychologist  
 Agency description: Government agency  
 Fees: No cost  
 Ph: (02) 6207 9977 (Community Health Intake Line)

## CanTeen

Peer support network for young people living with cancer. This includes patients, siblings and children as well as siblings and children who are grieving after a death. CanTeen has developed specific resources and programs for young people whose parent or sibling has died from cancer.

Type of counselling: One to one counselling and support through recreational events and programs  
 Agency description: Non-government agency  
 Fees: No cost  
 Ph: (02) 6262 8133  
 Web: [www.canteen.org.au](http://www.canteen.org.au)

## **Carers ACT**

Counselling following a death is available to registered carers, partners and family.

Type of counselling: One to one counselling with a professional counsellor

Agency description: Non-government agency.

Fees: No cost

Ph: (02) 6296 9900

Web: <https://www.carersact.org.au/contact-us/>

## **CatholicCare Canberra and Goulburn**

Run by the Catholic Church, this service provides welfare support and counselling for families, including counselling after a death. An appointment is necessary.

Type of counselling: One to one counselling with a professional counsellor

Agency description: Non-government agency

Fees: Fees apply

Ph: (02) 6195 4300

Web: <http://www.catholiccare.cg.org.au/>

## **Clare Holland House**

Provides counselling and support following a death to patients and their families registered with the ACT Palliative Care Service.

Type of counselling: One to one counselling with a social worker who is also a bereavement counsellor, or the co-ordinator of Pastoral Care.

Agency description: Government agency

Fees: No cost.

Ph: (02) 6264 7300

## **Dementia Australia (ACT) formerly Alzheimer's Australia ACT**

Provides support, information and counselling for people diagnosed with dementia, their carers and family. This includes counselling for carers and family following the death of a person with dementia.

Type of counselling: One to one counselling following a death; loss and grief support with a social worker or counsellor.

Agency Description: Non-government agency

Fees: No cost

Ph: (02) 6255 0722

Web: <https://www.dementia.org.au/about-us/dementia-australia/the-new-voice-of-alzheimers-australia>

## DonateLife ACT

Provides follow-up information, support following a death and counselling to families of organ and tissue donors and others touched by the donation process. DonateLife ACT is part of a national network of donor family support services provided by the Australian Organ and Tissue Authority.

Type of counselling: One to one support and counselling by phone or face to face with a counsellor. Referrals are made to other services for regional clients if needed.

Agency description: Government agency

Fees: No cost

Ph: (02) 6174 5625

Web: <http://www.donatelife.gov.au/donatelife-australian-capital-territory>

## Employee Assistance Programs (EAP)

Counselling following a death is usually available to government employees and their immediate family through the EAP provider covering the government agency. Contact the EAP provider for your government department.

Type of counselling: One to one counselling. The number of sessions is usually limited.

Agency description: Non-government agency

Fees: No cost

## Everyman

Provides a general counselling service for men, which includes support around grief. Appointment required.

Type of counselling: One to one counselling with a professional counsellor.

Agency description: Non-government agency

Fees: Donation requested

Ph: (02) 6230 6999

Web: <http://www.everyman.org.au>

## Leukaemia Foundation

The foundation can arrange counselling for families where someone has died from blood cancers and disorders.

Type of counselling: The Leukaemia Foundation will pay for private one to one counselling, usually with a psychologist.

Agency description: Non-government agency

Fees: No cost

Ph: (02)6286 9954

Web: <http://www.leukaemia.org.au/>

## Lifeline

Provides a free, anonymous, confidential 24 hour service for people under stress, in crisis or with any problem.

Agency Description: Non-government agency

Fees: No cost

Ph: 13 11 14

## Red Nose

Provides support to any person affected by the sudden and unexpected death of a baby or child.

Type of Counselling: Crisis phone support, one to one professional counselling service, peer volunteer support and regular support group program, meetings and activities.

Agency description: Non-government agency

Fees: No cost

Ph: 1300 308 307 (24 hour support line)

Web: <https://rednosegriefandloss.com.au/support/article/bereavement-support-services>

## Salvation Army Counselling Service

Provides a general counselling service, which includes counselling around grief. Appointments are necessary and there may be a waiting time for an appointment.

Type of counselling: One to one counselling with a professional counsellor

Agency description: Non-government agency

Fees: Fees apply

Ph: (02) 6248 5504

## Seasons for Growth

A 4 week programme to help young people (aged 6-18) deal with loss. Often run in schools and often available in Canberra.

Agency description: Non-government agency  
 Ph: (02) 8912 2700  
 Web: <https://www.goodgrief.org.au/>

## Solace ACT Inc

A self-help group for people whose partners have died.

Agency Description: Non-government agency  
 Fees: No cost  
 Ph: (02) 6297 1052

## Standby Response Service

This service is a support, information, and referral service run by "SupportLink" for families, friends and others when someone has died by suicide.

Type of counselling: Referral is made to appropriate agencies for counselling  
 Agency description: Non-government agency  
 Fees: No cost  
 Ph: 0421 725 180

## The Compassionate Friends ACT and Queanbeyan

A self-help group of parents, siblings and grandparents with a family members who has died, offering telephone and face to face support, monthly sharing meetings, social gatherings, a newsletter and a library.

Agency description: Non-government agency  
 Fees: No cost  
 Ph: 0491 137 818  
 Web: <https://compassionatefriendsact.org/>



## **Winnunga Nimmityjah Aboriginal Health Service**

Provides support and counselling for Aboriginal and Torres Strait Islander people and their families.

Type of counselling: One to one counselling with a trained counsellor  
Agency description: Non-government agency  
Fees: No cost  
Ph: (02) 6284 6222

## **Useful websites**

[www.grief.org.au](http://www.grief.org.au)

<https://childhoodgrief.org.au>

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