

Grief Support Resources



We have compiled a list of helpful resources below that are **FREE** and easily **accessible** online or by phone — available to support you whenever you need.

Please don't hesitate to give us a call for more information | **Phone: 0407 062 823**

"It's okay to not be okay — and it's more than okay to ask for support."

01

GRIEF AUSTRALIA

Online collection of helpful resources to help you understand grief
www.grief.org.au
Phone: 1800 642 066

02

GRIEFLINE

a free phone and online support service
www.griefline.org.au
Phone: 1300 845 745

03

LIFELINE

Free 24-hour telephone crisis support service
www.lifeline.org.au
Phone: 13 11 14

04

NALAG

free, confidential, grief and loss support service, telephone and face-to-face counselling
www.nalag.org.au
Phone: (02) 6882 9222

05

13 YARN

A free confidential service with an Aboriginal and Torres Strait Islander Crisis Supporter to yarn with
24 hours a day | 7 days
www.13yarn.org.au
Phone: 13 92 76

06

HNEH

Hunter New England Health LHD
Adult bereavement coordinator
Mon-Fri | 8am-4.30pm
Phone: 0437 889 946