



# Free bereavement counselling and support

While grief is the normal reaction to bereavement, the death of a significant person can be challenging.

People experience grief in different ways and require a range of supports to meet their individual needs. The bereaved may struggle to cope with everyday life and need more intensive one-to-one support to address their emotional and psychological distress.

Griefline is here to support you in your grief and help you explore and manage your distress.

[griefline.org.au](https://griefline.org.au)

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**Griefline's Integrating Grief Program is a free counselling and support service developed by Griefline and funded by the NSW Government to provide enhanced bereavement care for the people of NSW.**

The program is aimed at helping individuals struggling with their grief, by assisting them to come to terms with the loss, and support them to participate in daily activities.

### **Who is this program for?**

- Bereaved individuals aged 18+ living in NSW who are struggling to cope with the death of someone special or significant
- Individuals suffering from impaired daily functioning, feeling incapacitated by grief, and having difficulty engaging socially
- Individuals experiencing a shift or change in daily habits that felt easy or normal before
- Individuals experiencing intense and ongoing emotions such as anger, sadness, numbness, anxiety, depression and/or guilt

### **How to register**

Visit: [griefline.org.au/get-help/integrating-grief-program](https://griefline.org.au/get-help/integrating-grief-program) for information about how to access free bereavement counselling.

*\*If you require assistance with a registration, please contact the program intake counsellor by calling (03) 9087 2312 or email [intake@griefline.org.au](mailto:intake@griefline.org.au)*

### **Other Griefline services**

Call our toll free number **1300 845 745** 6am – midnight AEST, 7 days a week, or visit our website for support tools, resources and online forums.

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