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MEDIA RELEASE

Grief – an often forgotten part of Mental Illness **Mental Health Week, 4 – 10 October 2015**

When it comes to mental illness, grief is often forgotten according to Catherine Cini, CEO of GriefLine.

“Many people who suffer from mental illness also experience grief”, she says.

“They experience feelings of despair and resentment to anxiety, loneliness and anger. These are just some of a wide range of emotions and experiences that people with mental illness may grieve over.”

Other feelings include loss of control over our life and previous expectations, a loss of life satisfaction, loss of a job and income, loss of friends and a loss of hope.

Catherine Cini leads GriefLine, the country’s only dedicated grief helpline service.

She says that *Mental Health Week* is a good time for Australians to look at the part grief plays in mental illness.

“If we don’t recognise mental illness as a loss, then grief will worsen.”

“The reality is that with effective counselling and support these challenges can be overcome”.

“People with mental illness need to have their emotional, social, intellectual and physical needs met. They need to be able to share their feelings, fears and experiences.”

About GriefLine

GriefLine is Australia's only dedicated grief helpline service that provides counselling support services free of charge to individuals and families. These include: telephone support; online counselling; in-house one on one counselling; education and training and health support programs. Callers to the GriefLine Helplines have the opportunity to share their stories anonymously and confidentially with someone who will listen.

Media inquiries - to arrange an interview with Catherine Cini please contact: John Myers or Penny Underwood on (03) 9818 8540, 0409 215 120, mediawise@mediawise.net.au