



## **CHRISTMAS AND LONELINESS – GRIEFLINE OFFERS A FRIENDLY VOICE**

Christmas is one of the loneliest times of the year if there is no family or friends around to share the celebrations and family gatherings, according to Kathy Wells, Manager of GriefLine.

She and other volunteers work throughout the festive season, making sure that there is a voice at the end of the telephone to listen, care and support people who are alone.

“Grieving the loss of a loved one is a deep and difficult challenge at any time. But the holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of loss,” Ms Wells said.

Based in Melbourne, GriefLine operates nationally, providing a listening ear to people who are grieving or are isolated.

“Calls from people concerned about Christmas begin at the end of November, and build up as the festive season approaches,” Ms Wells said.

“Often the calls are instigated by intense loneliness from those who are spending their Christmas alone to people whose loved ones have died and they are now being bombarded by invitations from well-meaning friends and do not know what to do.”

GriefLine’s volunteers provide a friendly voice, and the chance for people by themselves to connect with someone.

People who want to access support can call between 12.00 noon and 3.00 a.m. seven days a week, 365 days a year.

**GriefLine: National: (03) 9935 7400**  
**National: 1300 845 745 (landline only)**  
**[griefline.org.au](http://griefline.org.au)**

### **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.

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