



Bronnie Taylor
Minister for Women
Minister for Regional Health
Minister for Mental Health

MEDIA RELEASE

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GRIEFLINE READY TO ANSWER CALLS IN NSW

NSW residents struggling to cope with the death of a loved one can access six free counselling sessions from Griefline, thanks to a \$1 million investment from the NSW Government.

Minister for Mental Health Bronnie Taylor said the telephone-based counselling will be invaluable for those people struggling to cope with everyday life and social activities as a result of grief and bereavement.

“There’s no doubt that the death of someone close to us can be deeply upsetting and painful. It can be quite difficult to try to make sense of the world without our loved one in it,” Mrs Taylor said.

“For some people, grief is so profound and persistent that daily life feels too hard.

“To those people I say - you don’t have to face the anger, sadness, numbness or guilt alone. There are services and support available to help you.”

Griefline is a registered charity which has been helping people to manage grief for more than three decades.

With the NSW Government’s support, individuals over 18 years of age living in NSW and experiencing profound levels of grief can request six free counselling sessions via Griefline’s online referral process. General Practitioners and other professionals can make a referral on a person’s behalf, with consent.

Griefline Chief Operating Officer (COO) Kate Cahill said that while grief is the normal reaction to bereavement, the death of a significant person can be challenging.

“Our team is committed to helping people resolve the complications in their grief process and learn how to integrate the loss into their life,” Mrs Cahill said.

“We’re here to support you in your grief and help you explore and manage your distress.”

To find out more about Griefline’s Integrating Grief Program, please visit <https://griefline.org.au/get-help/integrating-grief-program/> or call **(03) 9087 2312** between 9am to 5pm AEST, Monday to Friday.

The \$1 million investment is part of the \$56 million 'palliative care boost' in the 2020-21 budget and part of the NSW Government's ongoing commitment to providing people with high-quality end-of-life and palliative care, including appropriate bereavement support.

If you, or someone you know, is thinking about suicide or experiencing a personal crisis or distress, please seek help immediately by calling 000 or one of these services:

- Lifeline 13 11 14
- Suicide Call Back Service 1300 659 467
- NSW Mental Health Line 1800 011 511

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