



Free telephone counselling and support for the bereaved

Grief is a natural response to loss, however coping with the death of a significant person can be overwhelming.

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.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 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*

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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