

Integrating Grief Program



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's integrating grief 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.

Griefline is here to support people in their grief and help them explore and manage their distress.

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 does the program work?

The process outlined below is based on a client that has confirmed consent and agrees to participate in the program.

The Griefline Intake Counsellor will receive the registration from the website and make an initial phone call to confirm consent, explain the program process, and invite the client to participate. The client confirms consent and agrees to participate.

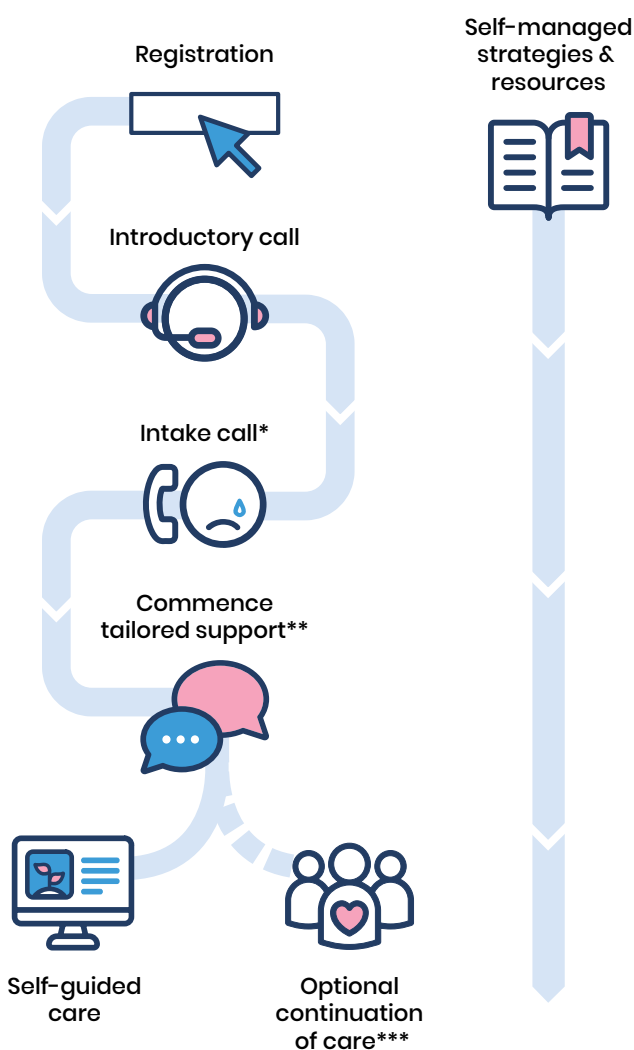
An intake call with the client will then take place which will take about 30+ minutes to complete an assessment with the client. It is at this point that the best course of action for the client is determined.

If it is determined that the client would benefit from participating in the free counselling program, a Griefline counsellor will be appointed. Alternatively, the client may be referred to other free Griefline support services and resources or a third-party professional practitioner.

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 (02) 8043 4965 or email intake@griefline.org.au*



Other Griefline services

Call our toll-free number **1300 845 745** 8am – 8pm AEST, 7 days, or visit our website for support tools, resources and online forums.

Griefline is not a crisis-support or emergency support service

If you are in an emergency situation or are at immediate risk of harming yourself or others, please call **000**.

If you need immediate support call **Lifeline 13 1114** or **Kids Helpline 1800 551 800**