



# Free telehealth counselling and support for the bereaved

Grief is a natural response to loss, but coping with the death of someone significant can feel overwhelming. Everyone experiences grief differently and may need different types of support. Sometimes, the impact of grief makes daily life harder and one-to-one counselling can provide the extra care and understanding needed.

[griefline.org.au](https://griefline.org.au)

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**Griefline's Integrating Grief Program is a free counselling and support service funded by the NSW Government, offering specialised bereavement care for people across NSW.**

The program provides a safe space to talk about your grief, find ways to adjust to life after loss, and receive support with day-to-day challenges.

Self-referrals are welcome, and health and community professionals can also refer with consent.

### **Who is this program for?**

- People aged 18+ living in NSW
- Grieving the death of a loved one or someone significant, whether recent or many years ago
- Finding daily life more difficult than usual (sleep, routine, concentration)
- Feeling strong emotions such as sadness, anger, guilt, worry or numbness
- Wanting support to adjust to life after loss

### **How to register**

Scan the QR code or visit: [griefline.org.au/get-help/integrating-grief-program](https://griefline.org.au/get-help/integrating-grief-program) for information about how to access free bereavement counselling.

*Need help signing up?*

*Email [intake@griefline.org.au](mailto:intake@griefline.org.au)*

### **Other Griefline services**

Call our free, national helpline **1300 845 745**, or visit our website for support tools, resources and online peer forums.

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