



RESOURCE BOOKLETS for Kinship Carers

Grief and loss

Grief and Loss

Grief and feelings of loss can be triggered by different experiences.

The death of a family member, friend or other close person can trigger grief.

A number of other experiences can also cause feelings of loss and grief. These experiences might include:

- separation, divorce or relationship breakdown
- loss of possessions through disaster or theft
- children leaving home
- placing your child(ren) into someone else's care
- unemployment, retrenchment or retirement
- death of a pet
- infertility, stillbirth, miscarriage or abortion
- the loss of a person who is missing.

This resource booklet contains the details and contact numbers of agencies and organisations that may help you, the children and young people in your care, and any other friends or family members to cope with feelings arising from any of the above experiences.



Mercy Health

Mercy Grief Services

Mercy Grief Services (MGS) is a specialist bereavement counselling service responding to individuals and families in western metropolitan Melbourne who are experiencing complicated grief issues following the death of a significant person.

Bereavement counselling and support services through Mercy Palliative Care.

Call 1300 369 019, 24 hours 7 days a week

What services are available?

- Palliative Care Bereavement Service – supports people in their grief after the death of a significant person in their lives, who has died on the Mercy Palliative Care Program
- Palliative Care Children's Bereavement Support Group (The Owl's Nest) – a six-week bereavement program for children between the ages of five to 12 years, who have experienced the death of an important person in their lives.



The Compassionate Friends Victoria

The Compassionate Friends Victoria (TCFV) is dedicated to supporting grieving parents, siblings and grandparents in the event of the death of a child – of any age or from any cause.

Phone (03) 9888 4944

Country Victoria Free Call 1300 064 068

What services are available?

- Bereaved Parent, Sibling & Grandparent Support Centre
- Helpline, 24 hours, 365 days
- Support and social groups
- Time-Out Program



GRIEFLINE
GRIEF LOSS TRAUMA

Griefline

Griefline supports anyone experiencing grief, facing any type of loss – providing access to free telephone and online support services and resources.

Call 1800 845 745 for support 6am-midnight

What services are available?

- National toll-free helpline
- Support groups
- Care to call service
- Online grief forums
- Life after loss podcast series



Grief Australia

Grief Australia is an independent, not for profit organisation, striving to change the way Australia lives with grief. GA provides evidence-informed counselling, training, and research to collectively strengthen the nation's response to grief.

Call 1800 642 066 (free call, Australia wide)

What services are available?

- Counselling – Grief Australia Counselling and Support Service, provides a specialist bereavement service for individuals, children, and families who need assistance following the death of someone close to them. There is also an Australia wide aged care counselling service.
- Support groups – GA offers the following groups: Talking Grief Support Group, Bereaved Partners Remembrance Group, Kids Grieve Too (KG2), Parents Remembrance Group, Bereavement at the Bar, Bereaved Partners Support Group, COVID-19 Bereavement Support Group, Companion Animal Loss Group
- MyGrief App – This app provides 24-hour support to grieving people and those who support them – in the palm of their hands.



Australian
National
University



Australian Child & Adolescent
Trauma, Loss & Grief Network

Australian Child & Adolescent Trauma, Loss & Grief Network

The Australian Child and Adolescent Trauma, Loss and Grief Network targets psychological trauma and/or loss and grief suffered as a result of serious accidents, injuries, illnesses or life-threatening events, witnessing threats or violence to family members or other loved ones, child abuse and neglect, severe bullying, violent, sudden or unexpected deaths of family members, loss and changes in family, friends and other important relationships in schools and communities, life-threatening experiences such as disasters, terrorism or other major incidents.

Call (02) 5124 8726

What services are available?

Videos, guides and research papers on the following:

- Abuse, neglect and violence
- Bullying
- Disasters
- Grief and loss
- Out-of-home care



Pregnancy & Infant Loss Support

Bears of Hope

Finding out your baby has not survived during pregnancy, birth or infancy may be the most traumatic experience a person will ever experience.

Bears of Hope endeavour to embrace you with a network of care and support so you don't have to grieve in silence.

Call 1300 11 BEAR

What services are available?

- national program of healing workshops on surviving grief and learning how to live through it
- empathetic one on one and couples counselling, or group support
- grief wellness groups



Hope Bereavement Care

Hope Bereavement Care (Hope) is a not-for-profit organisation based in Geelong offering free information, support and counselling when grieving the death of a baby or child, grieving the death of an adult and grieving after suicide.

Call (03) 4215 3358

What services are available?

- The support of qualified counsellors
- Support groups offering bereaved people opportunities to meet others with similar experiences
- Trauma/grief information to help bereaved people & their families and support people
- A library of online resources for those affected by the death of a loved one
- Advice, education and support for groups such as emergency services personnel, community service providers and school communities



Feel the Magic

Helping grieving kids heal

Camp Magic is a camp for kids to learn skills for healing and coping with grief. This is a free transformational weekend where kids work together on fun physical challenges and learn vital skills for healing and coping with grief. Every child is matched with a Mentor who make them feel safe by being a constant source of support and guidance.

'Campers' leave ready to face the road ahead, with a circle of friends and a Mentor for life – knowing that they're strong enough to live with grief and heal.

Call 1300 602 465

What services are available?

- Free camps
- Evidence-based programs
- Resources such as books and videos
- Connection activities for families



Amber Community

Road incident support & education

Amber Community is a not-for-profit organisation contributing to the safety and wellbeing of road users. They provide counselling and support to people affected by road trauma and address the attitudes and behaviours of road users through education.

Call Counselling and Support Services

1300 367 797 for support Mon–Fri, 9am to 5pm

What services are available?

- Counselling – To help people manage the thoughts, feelings and behaviours associated with road trauma. Counselling sessions are free of charge, confidential and available to people who are Victorians or have experienced a road incident in Victoria. You can request support from Amber Community at any time, as there are no time limits on access to their service. You do not need a referral.
- Counselling sessions may be conducted face-to-face, online or by telephone.
- Road trauma awareness seminars



Phoenix Australia

Resources, guidelines, supports and services designed to help people understand, prevent and recover from the impacts of trauma, and to support trauma-impacted loved ones or communities

Call 03 9035 5599

What services are available?

- Treatment and support
- Consultation services
- Education and training
- Research



Red Nose Grief and Loss

Red Nose provides counselling and support services, support groups, online forum, information and 24-hour bereavement support line for families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy regardless of the cause.

Call 1300 308 307, 24 hours a day, 7 days a week

What services are available?

- Telephone counselling and live chat support for miscarriage, termination, stillbirth, neonatal death, SIDS and sleeping accidents, and any other sudden death of a child up to 18 years



National Centre for Childhood Grief

The National Centre for Childhood Grief (NCCG) is dedicated to caring for bereaved children and their families following the death of a parent, sibling or other close loved one.

Call 1300 654 556

What services are available?

- Children's Counselling – Specialist counselling for bereaved children aged 3-17 years. Available in-person, online or on phone based on client need.
- Adult Counselling – Specialist counselling for newly bereaved adults (ie in past 2-3 years). Available in-person, online or on phone based on client need.
- National Outreach Support Services – Online counselling services, email support, phone support, outreach education services, professional education courses, books and resources
- Kids Groups – for school age children, following the death of a parent.
- Young Adults – A support group for young adults aged 18 – 25, who experienced the death of a parent(s) in childhood, to explore the reemerging nature of grief.
- Family Camp – An opportunity for bereaved families to come together and explore grief as a family and with others who share a similar experience.



First Light Widowed Association

First Light provides information, resources and community connection to young widowed people, to help them rebuild their lives and find new hope following the death of their partner.

Email mail@firstlight.org.au

What services are available?

- Newly widowed pack: a physical copy of information that can help can be sent to you.
- Information for friends and family of widowed people: someone I care about is widowed.
- A directory of national and state-by-state resources and services for widowed people.
- An online community, Local Catch Ups and events for widowed people.
- You're not alone, explore our Widow Talk library where many young widowed people share their stories.
- Camp Widow®, a conference for widowed people.



Wombat's Wish

A leading not-for-profit organisation providing specialised grief support to children and young people across Victoria who have experienced the death of a parent.

Call (03) 9069 0314 or 0499 966 228

What services are available?

- Weekend Camp Program
- Family Days
- Group counselling
- One-to-one support
- Online support lounges



13YARN

Thirteen YARN is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Important: Visitors are advised that this website may contain images, videos and voices of First Nations people who have passed away.

Call 13YARN (13 92 76) for 24/7 support

What services are available?

- Free and confidential service available 24/7 from any mobile or pay phone
- Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporters to yarn to



MensLine Australia

Talk it over.

MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime

Call 1300 78 99 78 for counselling 24/7

Online chat and video counselling: mensline.org.au/phone-and-online-counselling/

What services are available?

Advice and support for men in the following areas:

- relationships
- dads & fathers
- men's mental health
- family violence

SANE

We're people like you.

SANE

SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities. Their factsheets & guides provide easy-to-read information on complex mental health issues for everyone. Have a look - you can browse, download or send them on to someone who needs them.

Call 1800 187 263 for support, M-F 10am to 10pm

What services are available?

- Telephone, email and webchat support
- Forums
- Drop-in service
- Creative and educational activities



StandBy – Support after Suicide

StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual. The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

Call 1300 727 247 for support, 6am to 10pm, 7 days a week

What services are available?

- Face-to-face and telephone support
- Community workshops and education programs to increase awareness of suicide and suicide bereavement
- Resources such as support leaflets, toolkits, books and links to other useful resources



Jesuit Social Services – Support after Suicide

Support After Suicide assists children, young people and adults bereaved by suicide. The program provides counselling, support groups and online resources to those bereaved by suicide. The organisation also delivers training to health, welfare and education professionals.

Call (03) 9421 7640 for support

What services are available?

- Counselling and support groups for people bereaved by suicide
- Resources are available to help people better understand their situation
- Education and training for professionals to support those who are bereaved



Suicide Call Back Service

Suicide Call Back Service is a free nationwide service providing 24/7 telephone and online counselling to people affected by suicide.

Call 1300 659 467 for 24/7 support

Online counselling:

www.suicidecallbackservice.org.au/phone-and-online-counselling/

What services are available?

- Suicide Call Back Service offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.



Lifeline

Crisis support. Suicide prevention

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

Call 13 11 14 for 24/7 crisis support

Online text: www.lifeline.org.au/crisis-text/

Online chat: www.lifeline.org.au/crisis-chat/

What services are available?

- Short-term support for people who are feeling overwhelmed or having difficulty coping or staying safe
- Confidential one-to-one support with a trained Lifeline telephone crisis supporter



Beyond Blue

Support. Advice. Action.

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Call 1300 22 4636

Online chat: beyondblue.org.au/support-service/chat

What services are available?

Beyond Blue works with the community to improve mental health and prevent suicide, so that all people in Australia can achieve their best possible mental health.



Parentline

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues.

Call 13 22 89 for support 8am to midnight 7 days/week

What services are available?

Our qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

Organisation website addresses

Mercy Grief Services	https://health-services.mercyhealth.com.au/service/mercy-grief-services/
The Compassionate Friends Victoria	https://www.compassionatefriendsvictoria.org.au/
Griefline	https://griefline.org.au/
Grief Australia	https://www.grief.org.au
Australian Child and Adolescent Trauma, Loss and Grief Network	https://earlytraumagrief.anu.edu.au
Bears of Hope	https://www.bearsofhope.org.au
Hope Bereavement Care	https://www.bereavement.org.au
Feel the Magic	https://feelthemagic.org.au
Amber Community	https://ambercommunity.org.au
Phoenix Australia	https://www.phoenixaustralia.org
Red Nose Grief and Loss	https://rednosegriefandloss.org.au
National Centre for Childhood Grief	https://childhoodgrief.org.au
First Light	https://www.firstlight.org.au
Wombat's Wish	https://wombatswish.org.au
13YARN	https://www.13yarn.org.au/
MensLine Australia	https://mensline.org.au
SANE	https://www.sane.org
StandBy – Support after Suicide	https://standbysupport.com.au
Jesuit Social Services – Support after Suicide	https://jss.org.au/programs/support-after-suicide/
Suicide Callback Service	https://www.suicidecallbackservice.org.au/
Lifeline	https://www.lifeline.org.au/
Beyond Blue	https://www.beyondblue.org.au
Parentline	https://parentline.com.au/



Kinship Carers Victoria
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Families,
Fairness
and Housing

Kinship Carers Victoria
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