

# Types of Bereavement Support

*Grief after suicide can be an extremely difficult process and takes time, but you don't have to do it alone.*

*Many find it helpful to speak with a health professional.*

## Face-to-face counselling

This is useful at any stage of the grieving process.

*Professional counsellors can assist you with dealing with painful emotions and putting in place coping strategies to help with managing grief.*



## Telephone counselling

This service can be useful if you are socially or geographically isolated, or find it difficult to access face-to-face locally.



*Telephone counselling offers a level of confidentiality and anonymity that can be appealing for some.*

Your GP can refer you or direct you to an appropriate service in your area.

### Telephone Support Services:

- Lifeline (24-hour Counselling) – 13 11 14
- Kids Help Line (24-hour Phone Counselling) – 1800 55 1800
- Suicide Call Back Service (24-hour Phone Counselling) – 1300 659 467
- Mensline Australia (24-hour Phone Counselling and Referral) – 1300 789 978
- Veterans Line (Crisis Counselling for Veterans and their Families) – 1800 011 046

## Support Groups

Hearing from people with similar experiences can be a valuable source of comfort and support.

*These groups are a way for you to communicate openly and honestly in a safe and non-judgmental environment.*



## Online counselling services

Online services offer a degree of anonymity and confidentiality.



Support After Suicide can refer you to a bereavement group that is best suited for you and your needs.  
Visit: [supportaftersuicide.org.au/support-after-suicide/](https://supportaftersuicide.org.au/support-after-suicide/)

Suicide Call Back Service offers an online counselling service. Visit: [suicidecallbackservice.org.au/phone-and-online-counselling/](https://suicidecallbackservice.org.au/phone-and-online-counselling/)

## Walk-in Service

HeadSpace, Australia's National Youth Mental Health Foundation provides a walk-in service for those aged 12-25.



Remember, crisis services are always available:

- Lifeline – 13 11 14
- Suicide Call Back Service – 1300 659 467
- Bereavement support lines:
- Griefline – 1300 845 745
- Support After Suicide – 03 9421 7640
- Beyond Blue – 1300 22 4636

To find a centre, visit:  
<https://headspace.org.au/headspace-centres/>

