



Grief and Loss Resources for SWAN Families



Summary of Useful Links



General Grief and Loss Resources

Australian Centre for Grief and Bereavement

Advice and information on counselling and support group services.
1800 642 066

Bears of Hope

Provides guidance for families experiencing the loss of a baby.
1300 11 HOPE

Carer Help

Learning modules, information sheets and tools to support bereaved carers.
(08) 7221 8233

Good Grief

Information and training programs to assist with the grieving process.
1300 379 569

Griefline

Bereavement counselling accessible via phone or online services.
1300 845 745

Grieflink

A collection of information relevant to grieving communities.
1300 845 745

My Grief Assist

Factsheets, videos and other informational tools for those experiencing grief

National Association for Loss and Grief (NALAG)

A wide range of information including advice for finding support.
(02) 6882 9222

Red Nose

Offer 24 hour support line and referrals to bereavement counsellors.
1300 308 307

SANDS

Miscarriage, still birth and new born death support, including local events.

The Compassionate Friends Australia

State-specific resources and a 24-hour national grief helpline.
1300 064 068

General Grief and Loss Resources

The KEUNE Foundation

Financial assistance for families with children who have a life threatening illness.

The MacKillop Institute

Provides access to a variety of resources including Seasons for Growth (a program for children impacted by loss).

The Sydney Children's Hospital Network

Videos discussing grief prepared by the department of pain medicine and palliative care.

TLC For Kids

Practical and emotional support for sick children both in and out of the hospital.
1300 361 461

Resources for Grieving Children

Australian Child and Adolescent Trauma Grief and Loss Network

Educational resources and articles to assist children experiencing grief.
(02) 5124 8726

Feel the Magic

An organisation that helps children heal through a program known as Camp Magic.
1300 602 465

Lionheart Camp for Kids

Provides supportive programs to help kids navigate the grieving process.
0481 199 758

Reach Out

Online tools, tips and professional help for young people under 25 years.

The National Centre for Childhood Grief

A broad range of information and support for children aged between 3-18.
1300 654 556

The Sydney Children's Hospital Network

A list of books and online resources to support children with grief (ages 3-12).

State Based Resources

ACT

ACT Government - Bereavement Care

Web page of bereavement care, including a link to bereavement resources in Canberra.

Canberra Grief Centre

A range of services specific to the loss of a loved one and associated trauma.

0409 966 515

Capital Counselling and Coaching Services

Grief counselling in Canberra by a registered psychologist.

Grief and Bereavement Services in Canberra and Queanbeyan

A list of services compiled by Calvary Community Care and Calvary Public Hospital Bruce.

The Compassionate Friends ACT & Queanbeyan

The website for TCF in Canberra and Queanbeyan, including contact details and events.

NSW

Bear Cottage (Footprints in the sand bereavement service).

Hosts events and provides resources to support families after losing a child.
(02) 9976 8300

NSW Bereavement Counselling Services Directory.

A list of counselling services produced by the Network of NSW Bereavement Co-ordinators.

NSW Paediatric Palliative Care Program

Bereavement page for patients, families and health professionals who care for a child with a life limiting illness.

Service NSW Death and Bereavement Guide

An overview of practical steps to take and useful legal information after someone has passed away.

The Compassionate Friends NSW

A list of TCF chapters in regional and metropolitan NSW.

State Based Resources

NT

Amber NT

Amber NT supports Territorians through the loss of a child, including miscarriage, stillbirth, neonatal death or illness.

(08) 8948 5311

Happy Peeps Grief and Loss Counselling Darwin

Counselling service in Darwin and a range of regional areas.

1300 915 271

Relationships Australia - Northern Territory

Relationships Australia NT branch provides free counselling for families, children and youth.

1300 458 600

SIDS and Kids Northern Territory

Support to anyone who has experienced the loss of a child aged 0-18.

(08) 8948 5311

The Compassionate Friends Darwin Support Group

This support group is operated through TCF Victoria. You can contact the group leader (Ingrid) via email: darwin@tcfv.org.au.

QLD

Children's Health Queensland Hospital and Health Service

A comprehensive list of informational tools for anyone affected by loss.

1800 080 316

Hummingbird House

An interdisciplinary team providing care to families following the loss of a child.

(07) 3621 4364

Relationships Australia - Queensland

Relationships Australia QLD branch provides free counselling for families, children and youth.

1300 364 277

The Compassionate Friends Queensland

The website for TCF in Queensland, including contact details and events.



State Based Resources

SA

Anglicare SA (Loss and Grief Camps)

Runs free weekend camps separately for children and teenagers.
(08) 8305 9200

Carers SA

Provides free, short-term and in-person professional counselling to carers who are experiencing grief and loss.
1800 422 737

SA Government - When Someone Dies

Practical information for South Australians after someone dies.

SA Health - For the Bereaved

Information on practical support, self-care and a range of resources.

Women's and Children's Hospital

Online information suggesting what to do following the death of a child.

TAS

Bereavement Care Network Tasmania

The Bereavement Care Network Tasmania website includes resources, stories and events. It connects bereavement care providers in Tasmania.

Hospice Volunteers

In-home and hospital-based support for families affected by life-limiting illness across Hobart and Southern Tasmania.
(03) 6231 9249

Specialist Palliative Care Services

A list of specialist and volunteer palliative care services in Tasmania, compiled by the Tasmanian Department of Health.

Tasmanian Government - Grief and Bereavement

General information on grief and bereavement and a number of contacts and resources for Tasmanians.

The Compassionate Friends Tasmania

Contact details for the Hobart TCF support group, run by TCF Victoria.

State Based Resources

VIC

Centre For Care and Wellbeing (CCW)

A support centre for grief and loss in Springvale Botanical Cemetery.
(03) 8772 6111

Hope Bereavement Care

Support groups and counselling located in Barwon South West region.
(03) 4215 3358

Mercy Health (Mercy Grief Services)

Professional counselling services for those located Western Metro Melbourne.
(03) 9265 2100

Wombat's Wishes

Support programs for grieving children in Victoria.
0499 966 228

Very Special Kids

Holistic palliative care for children and young people across Victoria.
0499 966 228

WA

Carers WA

Social support services for carers in WA.
1300 227 377

The Compassionate Friends WA

The website for TCF in WA, including contact details and events.
(08) 6107 6288

The Grief Centre of Western Australia

Support and pathways to well-being for people living with grief.

WA Government - Supporting you in your grief

A list of grief supports in WA, including for carers and bereaved parents.

WA Paediatric Palliative Care

Care for children and their families in WA with a life-limiting condition.
0429 687 698

Books

After the Loss of a Child

- Australian Centre for Grief and Bereavement. See page 28 for a list of recommended books.

Bearing the Unbearable

- Joanne Cacciatore

Beyond Words: Grieving When Your Child Has Died

- Skylight, NZ

It's Ok that You're Not Ok

– Megan Devine

The Essential Guide to Life After Bereavement: Beyond Tomorrow

- Judy Carole Kauffmann & Mary Jordan