



GRIEFLINE – FREE GRIEF SUPPORT



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

We all experience the loss of someone or something important to us at some point in our lives. Grief is a natural human response to this loss, and everyone's experience of it is different. Your grief is as unique as your own fingerprint.

Many people don't know how to respond to grief and loss, whether their own or others.

Griefline are the frontline first and ongoing responders to grief for hundreds of Australians every day.

By being present for you in a safe space, Griefline helps you find courage through your grief and discover hope and healing after loss.

In addition to the national toll-free helpline, the Griefline website offers grief and loss information and support resources, including online forums and wellbeing practices, and the opportunity to connect through our weekly check-in call service.

While many associate grief with the death of a loved one, other forms of loss can result in grief, including:

- You have experienced the loss of a beloved pet
- You have lost your home, business or livelihood
- You are feeling isolated and alone in your loss
- You are experiencing isolation and loneliness due to the loss of a loved one or connection with your family or community
- You are supporting a recently bereaved friend or family member
- You are experiencing a relationship break-up
- You are experiencing a sense of grief after your own or a loved one's health diagnosis
- You are grieving the loss experienced due to natural disasters
- You're grieving due to your children moving out of home
- You are grieving a miscarriage or inability to conceive

Specially trained volunteers are there for you and are ready to listen when you are ready to talk. They are skilled and compassionate and will provide you with support tools and coping strategies, while walking alongside you during this time of grief and loss.

griefline.org.au
1800 845 745



GRIEFLINE OFFERS FREE PHONE SUPPORT SERVICES NATIONWIDE, 6AM-MIDNIGHT 7 DAYS A WEEK – CALL 1800 845 745

Griefline's phone support sessions are secure and confidential and available to adults aged 18 years and over. Griefline's goal is to ensure that you feel welcomed, connected and accepted through your experience of grief and loss.

Support groups – Comfort and support from those who can empathise

Facilitated by a qualified Griefline counsellor

Griefline's group program draws upon the emotional benefits of peer support, in conjunction with evidence-backed information to help reduce the stigma that can be associated with grief, and building an understanding that each person experiences grief in a different way.

Care to call

Griefline's free Care-to-Call service provides a compassionate person who will reach out to you once a week for a friendly check-in call. When Griefline call you, specially trained support volunteers will discuss ways you can start a conversation and connect with your community, or just be a familiar and friendly mate who you can talk to, without shame or fear of judgement.

24/7 Online Grief Forums

Griefline's online moderated forums are now accessible 24 hours a day for people experiencing grief and loss, isolation and loneliness and complicated grieving due to stressful or traumatic events.

Dedicated forums are also available for first responders and people affected by natural and human disasters such as bushfires, floods and COVID-19.

The forums give everyone in remote, rural, regional or metropolitan areas an opportunity to connect with an emotionally supportive community, share experiences and find hope.

Life after Loss Podcast Series

Griefline's podcast series explores the unique grief and loss experience of people impacted by natural disasters, and how they rediscovered life after loss.

Each episode is released to mark the anniversary of one of Australia's most significant natural disasters. As a testament to the extraordinary nature of Australians living so-called ordinary lives, we witness personal grief and loss stories that can be harrowing, fascinating, maddening, funny and inspirational all at the same time.

The series also features some of the world's most respected experts in grief and loss whose illuminating insights, evidence-based guidance and occasional 'a-ha' moments help make sense of and normalise grief in all its forms.

griefline.org.au

**Griefline provides non-crisis, confidential telephone support.
If a life is in danger or you need urgent medical care, please call 000**