

# GRIEFLINE – FREE GRIEF SUPPORT



Griefline is Australia's only national not-for-profit that offers free, compassionate and confidential support every day of the year for individuals facing grief, loss and loneliness. Griefline offers a compassionate space where people can find hope through connection and conversation

Griefline's mission is to normalise grief by having courageous conversations and supporting communities to grow from loss.

## HOW GRIEFLINE CAN HELP

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

In addition to Griefline's national toll-free grief and loneliness helplines, they also offer a request a callback service, bereavement support groups, online forums, self-care information, grief education and resources, as well as corporate and volunteer training programs.

Above everything else, they give you space to express and explore your grief without judgement.

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](https://griefline.org.au)**  
**1300 845 745**

### **GRIEFLINE OFFERS FREE PHONE SUPPORT SERVICES NATIONWIDE, 8AM TO 8PM, 7 DAYS A WEEK – CALL 1300 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.

#### **Griefline helpline**

Call their toll-free helpline on 1300 845 745 8am to 8pm, 7 days a week, 365 days a year AEDT/AEST. Or book a call at a time that suits you.

Griefline's 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.

Telephone support is still available if you do not speak English. Griefline has access to a free automated telephone interpreting service provided by TIS National.

#### **G'day line for over 50s**

Offering a friendly and supportive voice to older Australians seeking a sense of belonging and connection.

Call the G'day Line, and connect with one of Griefline's volunteers to enjoy a friendly and supportive conversation. You can also receive information and resources, support tools and referrals to services that can help with any of your specific needs or interests.

Call toll-free on 1300 920 552.

#### **24/7 Online Grief Forums**

Griefline's online moderated forums give people the opportunity to read about other people's stories in managing and working through their experiences of grief and loss, while also providing the opportunity to actively interact and share their own journey.

The 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.

#### **Grief training for groups and individuals**

Griefline's online learning and workshops are available to anyone – from licensed mental health practitioners seeking professional development, to workplaces, community groups and schools seeking evidence-based programs for employees and volunteers.

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