

## SUPPORTING YOUR GRIEF AT THIS TIME!

- Grief can be like a wave; it comes upon us unexpected, we can feel overwhelmed and submerged from life for a short time. Mostly, we manage to re-surface, even if only for another short time. If you find that you are not resurfacing, it might be helpful to seek professional support.
- Grief is a whole of body experience that likes to be attended to (not ignored, avoided or denied) because it represents the relationship you shared with the person who died. So its ok to attend to it, even though it often does not feel 'ok'. For some, this might be a safe space to talk, a particular activity or ritual which allows you to connect with you loss or permitting yourself to have time out from certain day to day responsibilities. This does not represent 'not coping' but rather 'self care'.
- It is ok to take time out from grief. For some, to do this can be associated with guilt; to not experience grief means 'forgetting' or 'moving on'. But a constant state of grief can be exhausting and cuts us off from the living that continues around us. Listen to your own needs. Engage in some exercise, spend time with a friend, watch a movie.....find moments to re-connect with other aspects of your life (regardless of how meaningless they might appear) even if for very short periods of time. If you find that your capacity to take time out from grief does not change in the months to follow the death, you may consider professional support.
- Too often we take our cues on how to, or how not to grieve, from society and those around us. But no one can understand how it is for you! Grief is a very unique and personal experience. So often it helps to listen more closely to our own needs and guide others in how we would like them to support us. Our friends and family are often grateful for this guidance at a time when they feel so helpless and don't know how to be for you.
- Most people find it hard to ask for assistance, yet most would say that they enjoy helping others. It gives friends and family purpose and value to support and help you at this time. Just give it a try – ask for assistance and support at a time when you need it most!
- Each family member will grieve for the same loss in a different way. It can be important to not judge or criticise these differences but be patient and respectful. It can also be helpful to find the points of commonality rather than focus on the differences.
- Recognise the small steps in your recovery. At times we can be impatient with ourselves, wanting to take big strides in order to establish a new sense of 'normal' as quickly as possible. But the adjustments following a significant loss can take some time. The size of the stride is less important than the capacity to simply keep moving. If you are concerned about how you are adjusting to your loss, it may be helpful to seek professional support.

## Grief and Bereavement Counselling Referrals

<p><b>The Karuna Centre</b> Ph: 6257 1605  Suite2, Kingston Chambers 86 Giles Street, Kingston</p>	<p>No reception, give people the web address if you have a look at their website <a href="http://www.karunacentre.com.au">www.karunacentre.com.au</a> you will see each Counsellors individual profile You can then decide which Counsellor will best suit your needs right now and contact them directly as it gives you each individual Counsellors mobile 'phone number.'</p>
<p><b>Red Nose</b>  For 24 hour Bereavement Support and Information please contact your local Red Nose Organisation on Ph: 1300 308 307</p>	<p>Red Nose bereavement support services assist families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy, regardless of the cause. Services are free of charge.</p>
<p><b>Catholic Care</b>  Ph: 6162 6100 57 Hicks Street Red Hill</p>	<p>Family and relationships Counselling service</p>
<p><b>Catholic Care</b>  Ph: 6163 7600 Better Access</p>	<p>CatholicCare Better Access is a bulk billing psychology services to assist the wider community to access counselling at no cost to the individual. CatholicCare is utilising the Medicare rebate to cover the cost of the service, encouraging Better Access to Psychological Services for individuals and families through bulk billing.</p> <p>There is a very specific referral process to access CatholicCare Better Access Service, to ensure that bulk billing can be completed through Medicare. The referral process is:</p> <ol style="list-style-type: none"> <li>1. You need to see your GP and ask for a Mental Health Treatment Plan and Referral</li> <li>2. Your GP needs to write and submit a Mental Health Treatment Plan to Medicare for you to be eligible for bulk billing under the Medicare Better Access Scheme.</li> <li>3. Your GP needs to write a referral letter addressed to the CatholicCare Better Access program.</li> <li>4. Ring reception 6163 7600 and book an appointment to see a counsellor</li> <li>5. You are entitled to 6 sessions, and then will need to re-visit your GP to access a further 4 sessions with CatholicCare Better Access</li> </ol>
<p><b>Canberra Grief Centre</b> <a href="http://www.canberragriefcentre.com.au">www.canberragriefcentre.com.au</a>  Phone Sonia: 0409 966 515  1 Geils Court Deakin ACT 2600</p>	<p>Confidential grief and bereavement counselling and support to individuals, couples and families (children, adolescents and adults). Services offered by the Centre are primarily focused on supporting people who have experienced a death or are living with/caring for someone with a life limiting illness. However, the counselling services do extend to supporting grief following any loss such as health, relationship, employment, faith etc.</p> <p>This is a fee for service practice</p>

<b>Justin Purtle</b> 6241 4431 – leave a message and he will return call. Yarralumla	Mental Health Social Worker: children, adolescents, parents, couples, separated families. Also works with victim support. Bulk bill option for low income Medicare rebates
<b>Janenne Hamilton</b> 0423 804 163 <a href="http://www.janennehamilton.com">www.janennehamilton.com</a> 31 Canberra Avenue Forrest	Counselling – couples, individuals NO DV Pre-marriage education Works Tuesdays & Wednesdays, however can call anytime & leave msg. Monday at Karuna
<b>Solace ACT</b> www.solace.org.au	Solace is a not for profit volunteer organization offering Grief Support for those grieving over the death of their partner.
<b>ACT and Queanbeyan Compassionate friends</b> <a href="http://compassionatefriendsact.org">compassionatefriendsact.org</a> 02 6287 335	The Compassionate Friends is a typical self-support group; people coming together who have had a like experience in life and so are able to bring a special depth of understanding to each other
<b>Canberra After Suicide Support</b> 0421 725 180	
<b>Every Man: Services for Men</b> <a href="http://everyman.org.au">everyman.org.au</a> 20 Genge Street Civic 6257 1223	Counselling for men, their partners and families. To help us cover some of the costs of offering this service and to offer more counselling time, we ask service users to make a contribution based on \$1 for every \$1000 of income.

## Other Community Support

Legal Aid ACT Helpline	1300 654 314
Legal Aid ACT	6243 3144
Women's Legal Centre (9am-12pm)	1800 634 669 6257 4499
Aboriginal Legal Service (ACT/NSW)	6249 8488
Family Court DV Unit (assistance with placing DVO, warning letters etc)	6207 1874
Federal Magistrates Court	1300 352 000
Canberra Men's Centre	6230 6999
Mens Line	1300 789 978
Child and Adolescent Mental Health Service	6205 1469
Child, Youth and Family Gateway	6296 9900
Care Financial Counselling Services	6257 1788
Canberra Community Services Directory	6248 7988
Domestic Violence Crisis Service	6280 0900
Winnunga Nimmityjah Aboriginal Health Service	6284 6222
Queanbeyan Mental Health	6297 7800
Womens Health Services	6205 1078
A Gender Agenda	6162 1924