

This fact sheet provides information about community organisations that offer support, counselling and practical assistance to anyone who is grieving after the death of a loved one.

Many people have family and friends who can provide care, support and understanding during difficult times such as after the death of a loved one. Sometimes it can also be helpful to talk to someone else such as a counsellor or member of a support group.

There are many counselling services and support groups available throughout Queensland. These services are available by telephone, internet or face-to-face.

Local support

Some services may be available in your own community. These services will be able to refer you to other local counselling services and support groups.

- A hospital social worker
- A Community Health Centre social worker
- Your general practitioner
- Local church pastoral carers

24 hour help lines

13 HEALTH

Phone advice and referral information about health concerns, including counselling services.

Phone: 13 43 25 84

KidsHelpLine

Counselling services for children and young people by telephone, internet or email.

Phone: 1800 55 1800

Website: www.kidshelpline.com.au

Lifeline

Counselling services for issues including grief and loss provided by telephone or face-to-face by appointment.

Phone: 13 11 14 (24hrs)

Website: www.lifeline.org.au

Mensline

Support, information and referral for men with family, relationship or other concerns.

Phone: 1300 789 978

Website: www.menslineaus.org.au

Queensland Homicide Victims Support Group

Provide a range of support services to people affected by the death of a loved one by homicide.

Phone: 1800 774 744

Website: www.qhvsg.org.au

Salvocareline

Phone crisis counselling for issues including bereavement.

Phone: 1300 363 622

Sids And Kids Qld

Assist families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy, regardless of the cause.

Phone: 1300 308 307

Website: www.sidsandkids.org

Suicide Call Back Service

Phone counselling service for people at risk of suicide as well as to people affected by the death of a loved one by suicide.

Phone: 1300 659 467

Website: www.suicidecallbackservice.org.au

Victims Counselling And Support Services

Counselling, support, information and referral for people affected by crime either directly or indirectly including family, friends and witnesses.

Phone: 1300 139 703

Website: www.vcss.org.au

Other services

Bonnie Babes Foundation

Grief counselling and support services for families who have lost a baby during pregnancy or soon after birth.

Phone: 1300 Bonnie (1300 266 643)

Website: www.bonniebabes.org.au

Centacare

Counselling services throughout Queensland for issues including grief and loss.

Phone: (07) 3250 4305

Website: www.centacarebrisbane.net.au

Coronial Counselling Service

A support and information service for families whose loved one's death is being investigated by the Coroner. The Counsellors can also provide information about the coronial investigation process.

Phone: (07) 3000 9342 (SE Queensland)

Free call: 1800 449 171 (regional areas)

Griefline

This service offers an online messaging service accessible 24 hours, 7 days a week, from anywhere in Australia. The approximate time for a response from the counsellors is 72 hours from the time you contact them.

Website: www.griefline.org.au

Paradise Kids

Counselling and support groups for children affected by grief and their families.

Phone: 07 5574 6853 (Gold Coast)
07 3847 9943 (Brisbane)

Website: www.paradisekids.org.au

Private Social Workers, Psychologists, and Occupational Therapists

A Medicare rebate may be available for counselling services with a registered social worker, psychologist or occupational therapist. For further information and eligibility, see your General Practitioner.

Relationships Australia

Counselling for individuals, couples and families at a range of centres across Queensland. They also provide a telephone counselling service to people who are unable to access a branch office.

Phone: 1300 364277

Website: www.relationships.com.au

SANDS

Support and information service for parents and their families who experience the death of their baby to miscarriage, stillbirth, neonatal death and other reproductive losses.

Phone: (07) 3254 3422
1800 228 655 (Statewide)

Website: www.sandsqld.com

The Compassionate Friends Inc

Provide support to families grieving the death of a child of any age, from any cause. Face-to-face or telephone support is available at many locations across the state.

Phone: (07) 3254 2657

Website: www.thecompassionatefriends.org.au

Victim Assist Queensland

Information and referral services for victims of crime and their families. They can also provide information on financial assistance that may be used for grief counselling and funeral expenses.

Phone: 1300 546 587
8.30am – 5.00pm, Monday – Friday

Website: www.justice.qld.gov.au/justice-services/victims-of-crime/victim-assist-queensland

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.