

Bereavement Counselling and Support Service

The Service was established by the Australian Centre for Grief and Bereavement in 1997 to provide counselling and support programs for bereaved people. It provides bereavement counselling for individuals, couples, families, children and adolescents as well as support groups. The service also maintains a directory and can make referrals to private grief counsellors or other agencies.

The Australian Centre for Grief and Bereavement

The Australian Centre for Grief and Bereavement is an independent, not-for-profit organisation funded by the Department of Human Services Victoria. It was established in 1996 to extend the options available to bereaved people, including those who have supported someone who required palliative care, through the education and training of health care staff and others in contact with the bereaved.

For information on training or other services, contact the Australian Centre for Grief and Bereavement, telephone (03) 9545 6377 or Freecall 1800 642 066.

The Centre also has a home page on the Internet: www.grief.org.au

Further Information

Bereavement Counselling and Support Services

Ground Floor, McCulloch House, Monash Medical Centre, 246 Clayton Road, Clayton VIC 3168

Telephone 03 9543 9449 (Monday - Thursday)

Facsimile 03 9545 6399 Email for counselling counselling@grief.org.au and for support groups support@grief.org.au

Web Address www.grief.org.au



24 Hour Telephone Support

Suicide Helpline	1300 651 251
Lifeline	13 11 14
Mensline	1300 789978
Griefline (noon to 3am)	03 9596 7799
Kids Help Line	1800 551 800

Bereavement Counselling and Support Service



Bereavement Counselling

Grief is how we respond when we experience a significant change or loss. The experience of grief can be powerful. It can feel like being lost in a maze of conflicting and intense emotions. It can seem chaotic and sometimes it brings a sense of losing control. Grief is not static, it ebbs and flows and allows us to adjust and integrate the experience into our life.

Why bereavement counselling?

Counselling is a confidential discussion between client and counsellor. It includes both education and support. Counselling can be useful early in the grief experience or years later.

Who is eligible?

Bereavement counselling is available for anyone in the community, including children and adolescents, who needs support following the death of someone close to them. Anyone with drug, alcohol or mental health problems can access the service as long as these issues are being managed.

The service offers

- individual, couple and family sessions
- child and adolescent sessions
- support groups
- referrals to private practitioners and agencies
- information

Who are the counsellors?

This service is provided by experienced counsellors participating in advanced training in bereavement counselling. Experienced, accredited grief and bereavement practitioners support and supervise these counsellors.

What does it cost?

For those who hold a current health care card, pension card or full-time student card, counselling sessions are free, otherwise, a fee of \$30 per session applies. This fee is negotiable where necessary.

How do I make an appointment?

Counselling appointments can be made by calling 03 9543 9449. The office is open Monday to Thursday between 9am - 5pm. The appointment can be made directly by the bereaved person. Initial referral enquiries from service providers are welcome. Appointments are available during the daytime and evening. Sessions are one hour.

Locations

The main service is located on the ground floor of McCulloch House, Monash Medical Centre, 246 Clayton Road, Clayton 3168. (Melways 79 C1)

Parking: Fee for service parking on site, or time limited parking in side streets within close proximity.

Train lines: Cranbourne or Pakenham lines to Clayton station.

Bus lines: 631, 703, 733 stop outside McCulloch House.

Counsellors are also located in some other metropolitan areas



Comments from a previous client

I definitely needed to air my story of grief, and the counselling provided a forum where I could do that. Being able to laugh and cry, and being listened to and understood – someone to talk to who did not downplay or dismiss the grief experience.

26-year-old man whose mother died of cancer

Bereavement Support Groups

Younger Bereaved Partners

A monthly support group facilitated by trained volunteers who are themselves bereaved. The group meets on the first Monday of the month in Box Hill.

Kids Grieve Too

A safe place for children to express their thoughts and feelings in an activity-based group support program. It meets on the first Monday of the month in Box Hill.

Adults whose parent has died

An 8-week support group designed to meet the needs of adults grieving the death of a parent. It meets in Chadstone.

Bereavement and Creativity

An 8-week support group for people who would like to explore their grief through art therapy. It meets in Clayton.

For information on the above support groups call 9543 9449 or email support@grief.org.au

Companion Animal Loss Support Group

In partnership with the RSPCA, a monthly group designed for individuals and families who have lost a loved companion animal. Meets at Burwood East. **For this group call 9224 2222**

Volunteer program

Sometimes people who have experienced a bereavement have a special insight and understanding that comes from their own experience and they may wish to offer support to others who are more recently bereaved.

There are opportunities for people to volunteer in the work of the support groups. Training and support for volunteers is an integral part of the volunteer program.