

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 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 on (03) 9265 2100 or Freecall 1800 642 066.

The Centre also has a home page on the internet at www.grief.org.au

A Counsellors Perspective on Bereavement Counselling

“Of any of the counselling that I’ve ever been privileged to be a part of, this bereavement counselling is where I am most real, I am truly myself. There is nothing between me and the person with their loss. I sit with them with their loss without judgement and without expectation. I totally accept where they are, it is where my heart can hurt for them.

This is underpinned by both the knowledge and trust that grief is a process that people can move through. I am sustained by the knowledge that there will be a time when this will be better and I therefore can hold and sustain them.”

Bereavement Counsellor, Australian Centre For Grief and Bereavement.

Further Information

Bereavement Counselling and Support Service

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

Phone **03 9265 2111 (Monday - Friday)**

Facsimile 03 9265 2150

Email counselling@grief.org.au
support@grief.org.au (for support groups)
outreach@grief.org.au (for Community Outreach Service)

Web Address www.grief.org.au

Practitioner Consultancy Service

Toll Free (Victoria) 1300 858 113

Bereavement Information and Referral Service

Toll Free (Victoria) 1300 664 786

24 Hour Telephone Support

Griefline (noon to 3am) 03 9596 7799

Lifeline 13 11 14

Suicide Helpline 1300 651 251

Mensline 1300 789978

Kids Help Line 1800 551 800

Bereavement Counselling



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Australian Centre for Grief and Bereavement operates a Statewide Specialist Bereavement Service (SSBS) for Victoria, which is funded by the Department of Human Services. The SSBS provides a supportive service for bereaved clients as well as bereavement advice and consultation to workers in other settings.



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.

What is Bereavement Counselling?

Counselling is a confidential discussion between client and counsellor. It includes both education and support and 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 need support following the death of someone close to them. Anyone with drug, alcohol and mental health problems can access the service as long as these issues are being managed.

The Service Offers

Office based bereavement counselling for:

- individual, couple and family sessions
- child and adolescent sessions

Who are the Counsellors

The service is provided by experienced counsellors participating in advanced training in bereavement counselling and by qualified bereavement counsellors. They are supervised and supported by experienced, accredited grief and bereavement practitioners.

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.

When is Counselling Available?

Most counselling appointments are available during the daytime, but a limited number are available in the evening.

During busy periods a waiting list operates. Those on the waiting list have the option of being able to receive a fortnightly call from a bereavement counsellor to check in on their well being.

Clients, their families and friends are also encouraged to attend one of the monthly Information Evenings which explains how grief and bereavement can affect different people, how to help and how to get by.

How do I Make an Appointment

Counselling appointments can be made by calling 03 9265 2111. The office is open Monday to Friday between 9am and 5pm. The appointment can be made directly by the bereaved person or by a referring agency.

Appointments are available Monday to Friday and are one hour in duration.

Locations

Most counsellors are located at Clayton, but some are located in other metropolitan and country areas. Contact the service for further information.

Client Comments

“I definitely needed to air my story of grief and 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 from cancer

“I felt I was really heard and understood for the first time in my life and I am 65. I did not realise that so many of my problems were the result of grief and pain I had suffered right back to when I was a child. My counsellor heard so much of the unspoken underneath the spoken.”

65 year old woman whose grandchild died