

Dust Diseases Care – fact sheet

Grief and loss support

Grief is very personal to everyone and dealt with in many different ways. It can be difficult to know when to get help in coming to terms with the death of your loved one.

Listed below are some organisations that can offer you specialised support during this difficult time:

NALAG Centre for Loss and Grief

NALAG is a not for profit organisation provide free loss and grief support to those who are grieving. The NALAG Grief Telephone Support Service provides grief support on a referral system by appointment through leaving a message on an answering system. A Grief Support Telephone Volunteer will ring back to make regular times for you to be contacted for grief support.

Call: **0439 922 201** | **02 9489 6644**

Email: griefsupport@live.com.au

Website: nalag.org.au

Lifeline

Lifeline provides all Australians experiencing a personal crisis with access to confidential online, phone and face-to-face crisis support and suicide prevention services.

Their trained Telephone Crisis Supporters will answer your call and:

- Listen to your situation
- Provide immediate support
- Assist to clarify options and choices available to you
- Provide you with referral information for other services in your area

Call: **13 11 14** | 24 hours / 7 days

Website: lifeline.org.au

Chat: 7pm-midnight / 7 days

GriefLine Community & Family Services Inc

Griefline listens, cares and supports people experiencing loss and grief at any stage in life. They manage Australia's only dedicated loss and grief national telephone counselling service. They provide support and specialist counselling services to individuals and families. They also have a free online email service which is available 24 hours per day every day of the year.

Call: **1300 845 745**

Email: enquiries@griefline.org.au

Website: griefline.org.au

Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

They can be contacted at any time of the day or night and when you call you will speak with a trained mental health professional. They will listen, provide information and advice and point you in the right direction to seek further support.

Call: **1300 224 636** | 24 hours / 7 days

Website: beyondblue.org.au

Chat: 3pm-midnight / 7 days

Mensline Australia

Mensline Australia is a telephone and online counselling service for men with family and relationship concerns (including loss and grief). The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.

Call: **1300 78 99 78** | 24 hours / 7 days
(including a call back service)

Chat: text OR video chat based counselling
available via website

Website: mensline.org.au

Kids Helpline

Kids Helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25. Their counsellors are specifically trained in supporting young people and the support can be provided over the phone, email or webchat.

Call: **1800 55 1800**

Email: counsellor@kidshelpline.com.au

Chat: 8am-midnight / 7 days

Website: kidshelpline.com.au

eheadspace

eheadspace is a part of headspace, the National Youth Mental Health Foundation which provides early intervention mental health services to young people, along with assistance in promoting young people's wellbeing.

eheadspace is a confidential, free and secure space where young people 12-25, or their family, can chat email or speak on the phone with a qualified youth mental health professional. To access eheadspace for the first time, you will need to register on their website or over the phone.

Call: **1800 650 890**

Chat: 9am-1am / 7 days

Website: eheadspace.org.au

Would you like more information?

If you have any questions at all or would like more information, please contact Dust Diseases Care by calling **(02) 8223 6600** or **1800 550 027** (toll free) or emailing DDCenquiries@icare.nsw.gov.au
Our office hours are Monday to Friday, 9.00am to 5.00pm