

GRIEF AND BEREAVEMENT SERVICES IN CANBERRA AND QUEANBEYAN

Grief and Bereavement Counselling Services		
Clare Holland House	6264 7300	Clare Holland House offers bereavement counselling with either a Social Work Bereavement Counsellor or Pastoral Care Bereavement Counsellor for the loved ones of those who have died and were known to the service. Monthly reflective services are also held at the hospice.
Canberra Grief Centre	0409 966 515	Offers specialist grief and bereavement counselling with Sonia Fenwick. Further information can found at www.canberragriefcentre.com.au . FEE FOR SERVICE
Cancer Counselling Service	5124 9977	Offers bereavement counselling to those whose lives are impacted by cancer. Appointments are made via the Community Health Intake number provided.
CanTeen	6101 2207 1800 226 833	Offers peer support and professional counselling for 12 to 24 year old young people living with cancer or whose lives have been affected by illness or death of a family member with that disease.
National Centre for Childhood Grief	1300 654 556	Offers free specialist bereavement counselling for children aged 3 – 18 years. Adult counselling offered as a fee for service. They have a wealth of information about children and grief on their website: https://childhoodgrief.org.au .
Red Nose	6287 4255 1300 998 698	Offers grief and bereavement counselling to families who have lost a child through miscarriage, stillbirth, illness or accident.
Queanbeyan Palliative Care Services	6298 9203 61507172	Offers bereavement counselling to people in their area.
Leukaemia Foundation	1800 620 420	Offers support to individuals and families who have experienced the death of a loved one through blood cancer, including leukaemia, lymphoma and myeloma.
General Counselling Services		
ACT Community Health Social Workers	5124 9977	Offers short term bereavement counselling. Appointments are made via the Community Health Intake number provided.
Catholic Care	6295 4300	Offers short term bereavement counselling. Appointments at Manuka or Watson.
Open ARMS	1800 011 046	Offers bereavement counselling to former and serving members of the ADF and their families.
Employee Assistance Program	Check your provider with your employer	Offers professional counselling to employees and their families.
The Australian National University & University of Canberra Counselling Services	ANU 6125 2442 UC 6201 2351	Offers professional counselling to their students and staff.
Crisis Counselling Services		
Lifeline	13 11 44	Offers confidential free 24 hour telephone counselling for people in crisis.
Kids Helpline	1800 551 800	Offers confidential free 24 hour telephone, email and web counselling for young people aged 5 to 25 years in crisis.

Support Groups		
Compassionate Friends	6286 6134 6287 3350	Is a support network for bereaved parents, siblings and grandparents with individual support provided by other previously bereaved parents and peer-support group meetings.
Solace	6297 1052 (through MH O'Rourke)	Is a self-help group for people whose partners have died. Meets monthly at Woden and Belconnen.
Canberra Region Young Widows & Widowers Group	Via Facebook	Is a closed informal support group for young widows and widowers in the Canberra Region. Requests to join are made via Facebook at: https://www.facebook.com/groups/1607944809446595/
Caring for Carers	0407 188 261 Allan Smith	Social Contact with other bereaved meets 3 rd Wednesday of each month at various venues.

Additional sources of support

- There are a number of private counsellors offering bereavement counselling on a fee for service basis. If you would like to speak to a private psychologist or social worker your GP may be able to refer you under a Mental Health Care Plan. There are some private practitioners who bulk bill.
- Funeral Directors may be able to assist with bereavement counselling services and your local church, mosque, temple or synagogue may also be able to offer assistance.
- Schools have professional counsellors to provide support to bereaved students.
- Bereaved people outside the Canberra-Queanbeyan area can contact the palliative care service in their State to obtain information about bereavement resources.

NSW (02) 9206 2094

VIC (03) 9662 9644

TAS (03) 62312799

QLD 1800 660 055 or (07)3511 1539

SA (08) 8271 1643

NT (08) 8951 6762

WA 1300 551 704

- The Australian Centre for Grief and Bereavement offers a wealth of information about coping with grief. They also have an app called My Grief, and link you to a range of other sources of information and support. Their website is: www.grief.org.au.