

## Support Available

Some people find it upsetting to think about death and end of life care.

If viewing this information has raised issues of grief, stress or personal crisis, you may have a GP, palliative care service or other health practitioner who can discuss this with you.

The services listed below may also provide assistance:

### Australian Centre for Grief & Bereavement

Provides a specialist bereavement service (including counselling and support groups) for individuals, children and families.

Phone 1800 642 066      [www.grief.org.au](http://www.grief.org.au)

### Beyond Blue

Provides telephone and online support and can assist you to find further support if needed.

Phone 1300 224 636      [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Griefline

Provides telephone or online support and counselling for all ages, midday to 3am, 7 days a week.

Phone 1300 845 745      [www.griefline.org.au](http://www.griefline.org.au)

### Lifeline

Provides telephone or online support and counselling for all ages, 24 hours a day, 7 days a week.

Phone 13 11 14      [www.lifeline.org.au](http://www.lifeline.org.au)

### Open Arms

Provides counselling and group programs to current and former serving Australian Defence Force personnel and their families. Crisis support and counselling available 24 hours a day, 7 days a week.

Phone 1800 011 046