

Grief & Loss Support Services - Geelong

Hope Bereavement Care

Website: www.bereavement.org.au

Phone: (03) 4215 3358

Email: hope@bereavement.org.au

Social Media: www.facebook.com/hopebereavementcare

Location: Kitchener House, Level 2, 289 Ryrie Street, Geelong

Access: Via referral form, you can self-refer, no GP referral required

Hours of Operation: Mon-Fri 0930-1630h, closed Sat-Sun



Hope Bereavement Care Offers:

- The support of qualified counsellors
- Specialise in supporting after the loss of a baby or child
- Support groups: opportunities to meet others with similar experiences
- Trauma and grief information to assist people, their families and support people
- A library of online resources for those affected by the death of a loved one, including professionals and industry members

Mindwell Psychology

Website: www.mindwellgeelong.com.au

Phone: (03) 5215 6262

Email: reception@mindwellgeelong.com.au

Location: Odelia House, 1/241 High Street, Belmont

Access: Self-referral or GP referral (mental health care plan)

Fees: \$100-\$220 (depending on who you see and their level of education/experience), under MHCP there's a Medicare rebate, 50% session fee cancellation cost

Hours of Operation: Mon-Fri 0900-1700h, closed Sat-Sun



Mindwell Offers:

- Trained and experienced therapists who are supportive, empathic, and understanding
- Can assist you to process painful thoughts, feelings and memories associated with loss
- Can help you to accept & move forward with your life while finding a way to manage
- Extensive Resources section including articles, tip sheets and handy links

CJ Psychology & Associates

Website: www.cjpsychology.com.au

Phone: 1300 847 849

Email: Via form on website

Social Media: LinkedIn – Carol James

Location: 138 Little Ryrie Street, Geelong

Access: Self-referral or GP referral (mental health care plan)

Fees: \$175 per session for self-referral, under MHCP there's a Medicare rebate, \$50 cancellation fee may be applicable, possibility of bulkbilling

Hours of Operation: Mon-Fri 0900-1700h, closed Sat-Sun



CJ Psychology Offers:

- Treatment with registered psychologists with many years of experience
- Tailored / individual bereavement counselling for each client
- CJ Psychology is registered with the Australian Association of Psychologists Inc.

Grief & Loss Support Services – Geelong & National

Chris Mackey & Associates	www.chrismackey.com.au
Phone: (03) 5224 1222	Email: Submit query on their website
Address: 42 & 28 Villamanta Street, Geelong West, VIC 3218	
Hours of Operation: Mon-Fri 0900-1730h, closed Sat-Sun	
Notes: Offers online, telehealth and face to face appointments. Has a Resources section on website covering an extensive range of topics & you can sign up to a newsletter from them. They're also on Facebook and have a podcast. Their out-of-pocket gap per session is \$165 and they can be accessed via referral (GP/School).	

Courage Couch	www.couragecouch.com.au
Phone: 0438 878 941	Email: couragecouch@gmail.com
Address: Blue Waters Lake area, Ocean Grove VIC 3226	
Hours of Operation: Mon-Fri 0900-1730h, Sat 1100-1600h and closed Sun	
Notes: Specifically for women and couples, LGBTQI+ friendly. Individual sessions are \$140 per 60 minutes and couples counselling is \$180, or \$260 for 90 minutes. Useful Links section contains helpful resources. Full address provided when appointment made. No referral needed, however can't use a Mental Health Care Plan. Offers out of hours appointments by request.	

Innerbeam Counselling	www.innerbeamcounselling.com
Phone: 0493 522 614	Email: admin@innerbeamcounselling.com
Addresses: 115 Pioneer Road, Grovedale 240 LaTrobe Terrace, Geelong West 59 Geelong Road, Bannockburn	
Hours of Operation: Mon-Fri 0830-1730h, closed Sat-Sun	
Notes: They do home visits, phone, and in-room counselling. Fees range from \$130-\$180 for individuals and couples via different means, in rooms, telehealth, home visit, outdoor walk. Recommend Dee Kumbukage for grief counselling. Currently no waiting period. They are also accessible via Facebook and Instagram.	

Kingsway Counselling	www.kingswaycounselling.com.au
Phone: (03) 5221 8907	Email: N/A
Address: Aberdeen House, 2A Aberdeen Street, Geelong West 3218	
Hours of Operation: Mon-Fri 0900-1730h, Sat 0900-1200h and closed Sun	
Notes: They offer counselling on the effects of life experiences such as grief, loss, and trauma. Their specialised areas include counselling for young people to manage grief and loss and improve coping skills. No referral required. No social media presence. Fees not on website, states will be advised when making booking.	

McMillan Psychotherapy & Counselling (MPC)	www.mcmillanpsychotherapy.com
Phone: (03) 5292 9917	Email: info@mcmillanpsychotherapy.com
Address: 1/102 St Albans Road, East Geelong 3219	
Hours of Operation: Tue 0930-1500h, Wed-Thu 0930-1700, Fri-Mon closed	
Notes: They offer counselling both face to face and online. Fees: \$90 telehealth, \$110 in rooms, private health fund rebates available. They offer cognitive behaviour therapy to deal with grief and loss. CBT is problem-specific and goal-oriented, tailored to individuals. No waiting periods currently.	

New View Psychology Pty Ltd (NVP)	www.newviewpsychology.com
Phone: 1300 830 687	Email: nvpadmin@newviewpsychology.com.au
Addresses: (also operates nationally) 138 Little Ryrie Street, Geelong 3220 5 / 84 Gheringhap Street, Geelong 3220	
Hours of Operation: Mon-Fri 0800-2000h, Sat 0830-1700h and closed Sun The hours of operation are applicable to both practices	
Notes: Australia's largest provider with over 150 clinicians with a wealth of experience and expertise. Specialising in grief & loss counselling. Extensive Resource section on their website with many useful links to help. They offer telehealth & face to face appointments. They have onsite parking & bus directions on website. Fees not listed on website, likely due to their range of services, will be provided by phoning them. Can use a Mental Health Care Plan with them. They are big on socials – Facebook, Twitter, YouTube, and Instagram.	

Sanctuary Counselling Centre	www.sanctuarycounselling.org.au
Phone: (03) 5222 6969	Email: info@sanctuarycounselling.org.au
Address: The Sanctuary Counselling Centre, 29 Clarence Street, Geelong West 3218	
Notes: Support for individuals and their families experiencing life-changing illness or bereavement. Helpful Resources section on their website including a list of books for those experiencing grief, adults, and children. Great client feedback. This is a non-profit organisation, not a business as such. They are on Facebook.	

For Supporters / Carers of those Experiencing Grief

Australian Funeral Directors Association (AFDA)	www.afda.org.au
Phone: (03) 9859 9966 (National)	Email: info@afda.org.au (National)
Address: AFDA National Office, Notting Hill, Victoria. Postal - PO Box 1048, Mt Waverley, VIC 3149	
Notes: The Resources section of their website offers extensive assistance for those in grief, or those who are helping someone through grief. There are brochures to download, helpful advice, a huge range of helpful links and support services. There's also information about the Australian Death Notification Service which can help you to begin the administration process.	

The Australian Centre for Grief & Bereavement (ACGB)	www.grief.org.au
Phone: 1800 642 066 (National)	Email: info@grief.org.au (National)
Address: 253 Wellington Road, Mulgrave, VIC 3170	
Notes: This website has an extensive section dedicated to supporting professionals from ongoing education to membership and professional resources. There's also a journal and a newsletter you can get. The Reference Library they have is one of the largest bereavement-focused collections in Australia.	

Information in Relation to Burial Options

To accompany this handout, I've included a range of brochures on grief and bereavement specific to your situation. These are intended to help you, and others, over the coming weeks and months to get assistance from professionals to help you process your grief, talk about your situation and be able to move forward.

The information below is intended to help you make some decisions in the near future about the choices you have for your loved one. Your Funeral Director will be able to provide further specific information and help you to make decisions for your loved one.

Burial Options (Internment)

Options for burial are various and include the option to bury your loved one in a coffin/casket or to be buried as cremated remains.

A lawn burial can accommodate up to 3 burials, though they must all belong to the same family. See attached brochure for fees and options for monuments.

When opting for burial there are various options for consideration such as location, monuments, and grave lining.

Entombment

This is internment in a mausoleum and is subject to availability, see attached brochure for fees.

Cremation

Cremation options are for the same day, or within a few days if there's no strict timeline. The more expedient the requirement the more costly the fee. The fees also vary depending on the age of the person being cremated.

Cremated Remains

Cremated remains can be provided in one container or urn or dispersed into many depending on familial requirements and options for burial/dispersal.

Dispersal & Placement Options

Cremated remains can be buried on site by opting for one of the various burial methods outlined in the Geelong Cemeteries Trust brochure. Alternately you can take cremated remains with you to be dispersed as you wish.

There are a range of other fees also listed in the brochure attached (Annex A – Geelong Cemeteries Trust) covering all varieties of situations including permits and fees, monuments, and headstones. Please ensure to consult with your Funeral Director so you can make an informed decision about the options and prices for your loved one's memorial and placement. The brochure also advises on catering options for their function room, orders of service and memorial urns.

The Geelong Cemeteries Trust covers the following geographical areas: Geelong East & West, Barrabool Hills, Grovedale, Mt Duneed, Mt Moriac, Forrest, Winchelsea, Armstrong Creek, Lorne, Colac, Birregurra, Lara, Leopold, Drysdale, Queenscliffe, Pt Lonsdale, Portarlington and Gisborne.