

# Free grief and loss support

**The pain of loss can be overwhelming.**

**We're here for you with free, compassionate and confidential support every day of the year.**

Everyone experiences grief differently. It can be intense and manageable, predictable and then uncontrollable.

While often immensely painful, grief is our natural healing process in response to loss.

Many associate grief with the death of a loved one, however other forms of loss can result in grief including family and relationship issues, illness, loneliness, and loss of homes or livelihoods.



Visit our website for your choice of free and immediate grief and loss support including a national helpline, online forums, support groups, self-care resources and information.

➤ **Visit**

[griefline.org.au](https://griefline.org.au)

available 24/7

➤ **Call toll-free**

1300 845 745

7 days a week

➤ **Scan the QR code**



## **Griefline is not a crisis-support or emergency support service**

If you are in an emergency situation or are at immediate risk of harming yourself or others, please call 000.

If you are experiencing crisis, or worried about yourself and someone else, please contact [Lifeline](https://lifeline.org.au) 13 11 14. [Kids Helpline](https://kids.griefline.org.au) is available to support young people aged five to 25, call 1800 551 800