

GRIEF AND BEREAVEMENT RESOURCES

May 2023

Grief Australia

[Australian Centre for Grief and Bereavement - Grief Australia](#)

Links to many useful websites, helplines and other resources in the bereavement space.

MyGrief app

Downloadable via apple or android stores.

Provides support to grieving people and those who support them – via mobile phone or device. Drawing upon the latest evidence and nearly 25 years of clinical experience, Grief Australia's MyGrief app provides information, tools and resources to support grieving Australians, while providing practical strategies for families and friends on how best to support someone who is grieving. Users answering a few questions and the app offers strategies and solutions that can help.

Beyond Blue: Grief and Loss

[Grief and loss - Beyond Blue](#)

The Centre for Prolonged Grief

[The Columbia Center for Complicated Grief](#)

The Center for Complicated Grief is dedicated to improving the lives of people suffering from prolonged grief by helping clinicians and the general public learn how to recognize prolonged grief. The Center was established in 2013 to disseminate information about a short-term efficacious treatment for this condition.

Dementia Australia: National Helpline

www.dementia.org.au

Comprehensive website information, free information kits, helpline webchat and email support.

Specific sections on the website on grief, loss and dementia.

Open Arms

[Open Arms - Veterans & Families Counselling](#)

Open Arms – Veterans & Family Counselling was founded by Australia's Vietnam veterans. It is Australia's leading provider of mental health assessment and counselling for Australian veterans and their families.

SA SPECIFIC RESOURCES

SA Health Bereavement Portal

[Bereavement | SA Health](#)

Directory of information for patients, their families and carers and health professionals.

Solace – SA branch (Telephone 8272 4334)

<http://www.solace.org.au/branches/sa/>

Provides grief support for those grieving over the death of their partner. Weekly meetings, that can include:

One to one support. For members whose loss is recent, new members and those who are dealing with special anniversaries.

General membership group support. Group discussion is encouraged with support workers adopting the role of group leaders. Topics discussed are about grief and loss and learning to live alone.

Grief's Journey

griefsjourneyadelaide@gmail.com

A support group (typically under 50 demographic) who have experienced the premature death of a spouse or partner.

The group holds monthly meetings that involve group sharing and discussion, and information designed to help understand, acknowledge and work through grief and loss in an informal, comfortable and safe environment.

More information is available at the Facebook information page: Grief's Journey Adelaide Support Group

New members are requested to contact Marian via the Facebook page, phone: 0409 677 046, or email:

The Compassionate Friends (TCF-SA)

<https://compassionatefriendssa.org.au/support/monthly-support-group-meetings/>
<https://compassionatefriendssa.org.au/support/24-hour-grief-telephone-support/>

The Compassionate Friends (SA) Inc. is part of a world-wide organisation offering friendship and understanding to families following the death of a son or daughter, brother or sister. TCF offers support for grief and trauma which follows the death of a child at any age and from any cause.

Anglicare

<https://anglicaresa.com.au/support/loss-grief/>

Free weekend camps for bereaved children and young people who have experienced the death of a parent, sibling or other significant person.

OFFICIAL

Star Bear is for children aged between five and 12-years old; Star Bound is for teens aged up to 17.

There are two Star Bear and one Star Bound camp each year and camps are held in the Adelaide Hills. Children and young people are paired with trained volunteer mentors and experience therapeutic sessions, sports, games and arts and crafts.

Children's camps also offer the opportunity for parents to understand more about how to support their children through their grief, as well as opportunities to share experiences with other parents.