



GRIEF & LOSS SUPPORT

Australian Centre for Grief and Bereavement

grief.org.au

[Resources](#)

What's Your Grief

whatsyourgrief.com

[Resources](#)

A place for sharing, support, resources and more.

Beyond Blue Fact Sheet

1300 22 4636

[Fact Sheet](#)

Grief Link

grieflink.org.au

Provides information for people who are dealing with grief caused by the death of someone close to them, and for those who are supporting them.

Compassionate Friends

www.compassionatefriendsvictoria.org.au

For parents and siblings, following the death of a child. Based in Victoria, but have a 24-hour helpline and online resources.

Arbor

[Arbor website](#)

ARBOR is a free service that offers short-medium term grief-counselling, practical/emotional support, appropriate referral support, volunteer lived-experience peer support and support groups to people who have been recently impacted by lost loved ones to suicide.

Head to Health

headtohealth.gov.au

A starting point for digital mental health resources from trusted service providers.