

The Bereavement Support Program

The Bereavement Support Program is available to all families and carers of patients registered with the Palliative Care Service and a carers support group is also available. Grief is a normal reaction to loss, and the depth and duration of the experience is different for everyone. To assist you or a family member at this difficult time we can offer you:

- Someone to talk to about what you are experiencing
- Counseling
- Remembrance Service
- Telephone Support
- Information about what to expect during bereavement
- Referral to another appropriate organisation

Talking to others can help you to understand more about what is happening to you. It can reassure you that what you are experiencing is normal and that you are not alone. Learning more about grief may also assist in helping you cope with your loss.

Contact one of the Bereavement Team who will be able to suggest some helpful reading. Some people may find it useful to discuss their reactions with a member of the team for reassurance. It is important to know that you will recover and that it will get better.

For further information please call 4921 1900 during office hours (9am – 4pm) and ask to speak to a member of the Bereavement Team.