



'...no-one should be alone in grief'

ONLINE AND TELEPHONE GRIEF SUPPORT

Hope Bereavement Care (Hope) is based in Geelong and offers free information, support and counselling when grieving the death of a child, the sudden and unexpected death of an adult and those experiencing loss after suicide. If you would like more information about Hope Bereavement Care and our free services, please call (03) 4215 3358 during office hours or contact us via hope@bereavement.org.au or on Facebook <https://www.facebook.com/hopebereavementcare/>

If you need immediate or additional support the following services provide online and telephone support.

Service	Contact details	
Griefline	Phone: 1300 845745 https://griefline.org.au/phone-counselling/	Grief helpline service that provides counselling support services free of charge to individuals and families who are experiencing loss and grief. Victoria only 12.00pm - 3.00am
Kids Helpline	Phone: 1800 55 1800 https://kidshelpline.com.au/	Kids Helpline provides telephone and online counselling for Australian children and young people aged between 5 and 25 years.
Lifeline	Phone: 13 11 14 https://www.lifeline.org.au/ National Bereaved by Suicide Line Phone: 1300 467 354	Lifeline provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.
MensLine	Phone: 1300 78 99 78 https://mensline.org.au/phone-and-online-counselling/mensline-australia-online-counselling/	MensLine Australia offers 24/7 telephone support, information and referral service and online counselling, helping men to deal with relationship problems in a practical and effective way.
Suicide Callback Service	Phone: 1300 659 467 https://www.suicidecallbackservice.org.au/	The Suicide Call Back Service provides telephone, video and online counselling to people at risk of suicide, carers of someone who is suicidal and those bereaved by suicide across Australia.
Suiceline Victoria	Phone: 1300 651 251 https://www.suiceline.org.au/phone-and-online-counselling/	SuicideLine Victoria is a 24/7 telehealth provider that offers free professional phone and online counselling for people living in Victoria.
RedNose	1300 308 307 www.rednosegriefandloss.com.au	Support for people who have had a baby or child die – from conception to 18 years