

GRIEF AFTER SUDDEN AND UNEXPECTED DEATH

A RESOURCE MAP



Grief is a universal experience that we all face at some point during our lives. But grief, after a sudden and unexpected death, can be additionally complex. Grief is a normal, natural response to loss but it can impact every part of our life, including our thoughts, behaviours, feelings, beliefs and our physical health. Everyone grieves in their own way and there is no right or wrong way to grieve.

WHAT TO EXPECT

After a death we may experience a range of different responses such as: sadness; anger; disbelief; irritability; trouble sleeping; headaches; nausea; loss of appetite. Grief is a unique experience and everyone is different but, in time, the intense feelings lessen. In the mean time, be gentle with yourself; allow yourself time to express your emotions and seek professional help if needed.

IMMEDIATE ISSUES

- **The Coroners Court of Victoria** has a [fact sheet](#) on practical things that need to be attended to after the death of a loved one and a [website](#) with a range of resources and links.
- **Australian Funeral Directors Association** has a [website](#) with a range of useful resources when arranging a funeral.
- **Bereavement Assistance** provides [low cost funeral services](#) to Victorians who may not be able to afford a commercial funeral service.
- **Better Health Channel** has a [website](#) with practical information on what to do after somebody dies.
- **My Grief Assist** has a range of [tip sheets](#) covering information and processes related to arranging a funeral.

WHERE TO GET HELP - FACE TO FACE BEREAVEMENT SUPPORT

- **Hope Bereavement Care** offers free information, support and counselling (including support groups) for those grieving the death of a child, the sudden and unexpected death of an adult, and those experiencing loss after suicide.

PH: (03) 4215 3358 E: hope@bereavement.org.au

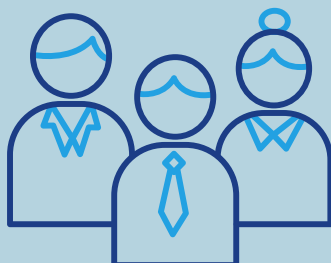
<https://www.bereavement.org.au/grief-support>

- **Australian Centre for Grief and Bereavement (ACGB)** offers free information, support and face-to-face bereavement counselling to individuals, children and families who need assistance following the death of someone close to them.

ACGB has bi-lingual staff who can work with clients in 12 languages: English, Arabic, Czech, Farsi, French, Italian, Japanese, Maltese, Sinhala, Tamil, Spanish, Yiddish

PH: 1800 642 066 E: info@grief.org.au

<https://www.grief.org.au/>



WHERE TO GET HELP- TELEPHONE AND ONLINE SUPPORT

- **Griefline** is a nationwide service providing free telephone and online support to people affected by grief and loss.

PH: 1300 845 745 6am-midnight

<https://griefline.org.au/>

- **ACGB** provides online and telephone bereavement counselling to people who require support after the death of a loved one

PH: 1800 642 066

<https://www.grief.org.au>



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"Grief is like being on a roller-coaster, your emotions can change from day to day or even hour to hour. When grieving, we need to be kind to ourselves and not make judgements on our own behaviour. If you find yourself having a good day, enjoy it, the next day could be completely different."

Australian Funeral Directors Association

GENERAL RESOURCES

Websites:

- [The Grief Toolbox](#)
- [Road Trauma Support Services](#)
- [GriefLink](#)
- [The Compassionate Friends](#)

Apps:

- [MyGrief App](#)

Grief Factsheets:

- [Australian Centre for Grief and Bereavement](#)
- [MyGrief Assist](#)
- [Lifeline](#)

GRIEF DURING THE PANDEMIC OR DUE TO COVID 19

- **The Dougy Centre** has a range of [fact sheets](#) if you are grieving during the pandemic or someone you love has died of Covid.
- **Beyond Blue** has a [factsheet](#) "Grieving the loss of a loved one during the covid pandemic."
- **Centers for Disease Control and Prevention** has information available on their [website](#) about grief and loss during the pandemic
- **Australian Funeral Directors Association** has a [fact sheet](#) with information about planning a funeral during the covid pandemic.
- **Cruse Bereavement Support** has information on their [website](#) about how the covid pandemic has affected the way we mourn.



RESOURCES FOR CHILDREN

- [Hope Bereavement Care](#) - Kids Grieve Too Program provides support, including groups for children who have been bereaved.
- [Wombats Wish](#) support parentally bereaved children to find a way to live with loss and grief.
- [Feel the Magic](#) provides Australia wide support to children and families who have been bereaved, including camps and a range of online resources.
- [National Centre for Childhood Grief](#) has a number of resources available on their website, including books, articles and publications.
- [Good Grief](#) has a grief factsheet for [young people](#) and for [children](#)
- [The Dougy Centre](#) has a number of resources available on their website for children, teenagers and young adults.
- [Skylight](#) has a factsheet on "Breaking bad news to children and teens".
- [Let's talk about grief](#) - is a video on explaining death to children.
- [How to deal with grief and unexpected loss](#) - is a video for young people by headspace.

CONNECTING WITH OTHERS WHO ARE BEREAVED

[Hope Bereavement Care](#) runs a number of support groups, early bereavement groups, peer led groups and other remembrance events where you can connect with other bereaved people.

[Grief in Common](#) has an online forum where you can connect with others who have experienced a similar loss.

[The Compassionate Friends Vic](#) has both regional and metro support groups that are face to face and online.

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"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All of that unspent love gathers in the corners of your eyes, the lump in your throat, and in the hollow part of your chest. Grief is just love with no place to go."

Jamie Anderson

GROWING AROUND YOUR GRIEF

Grief doesn't have a timeline, instead it can ebb and flow. It is also a common myth that people "get over" grief. The reality is that, in time, the intensity of the pain will lessen, but the grief you feel about your loved one's loss will remain a part of you. You won't return to "normal" but rather you will grow around your grief.



SOMETHING TO LISTEN TO

- [The mindfulness and grief podcast](#) - a podcast series that features meditation teachers and grief professionals offering compassionate insights for coping with grief and life after loss.
- [Grief Out Loud](#) - a podcast by Dougy Center with personal stories, tips and interviews with professionals.
- [Good Grief](#) - a podcast series that tackles a different theme each episode.
- [What's your grief podcast](#) - an ongoing podcast covering various topics within the theme of grief.
- [Good Mourning](#) - a podcast that shines a light on what grief is really like, sharing honest conversations with a sprinkle of humour.
- [Griefcast](#) - a podcast that examines the human experience of grief and death - but with comedians.

SOMETHING TO WATCH

- [Myths and truths about grief](#) - Doris Zagdanski shares truths around some common myths about grief and grieving.
- [Men and Grief](#) - Grief specialist Craig Findlay talks about how men do their grieving.
- [David Kessler and Brené Brown on Grief and Finding Meaning](#) - David Kessler explains how to cope with grief following the unexpected loss of a loved one.
- [Sudden death versus anticipated grief](#) - Dr. Gloria Horsley and Alan Pedersen, Executive Director of The Compassionate Friends, discuss the challenges of sudden versus anticipated loss.
- [We the Bereaved](#) - A Meditation on Grief - Short Film
- [The journey through loss and grief](#) - Jason Rosenthal offers candid insights on the often excruciating process of moving through and with loss - as well as some quiet wisdom for anyone else experiencing life-changing grief.
- [When Someone You Love Dies, There Is No Such Thing as Moving On](#) - Comedian Kelley Lynn shares her thoughts on grief and loss.

STRATEGIES TO HELP

Everyone is different, but some of these strategies may help:

- Take one day at a time
- Try not to make any major decisions in the early days
- Write a journal about your grief journey and feelings
- Write a letter to your loved one, as a way of saying goodbye
- Commemorate your loved one by creating a memory box, book or by planting a tree
- Develop rituals such as lighting a candle or listening to special music
- Do things that are relaxing like meditation, massage or going for a walk in nature.