

HOPE BEREAVEMENT CARE

*Why Support
Hope?*



WHY SUPPORT HOPE?

A sudden and unexpected death is traumatic and has enormous psychosocial impacts on individuals, families, and communities. It can lead to intense psychological responses, debilitating physical symptoms, as well as increase risk of mental health concerns. There are times that those bereaved need more support than that of family and friends. Those bereaved by a suicide sometimes find it hard to reach out, and when families lose a baby during pregnancy or at birth, it can be hard for those who love and support them to know how to help.

Hope works to ensure that 'no-one is alone in grief' by providing counselling, groups, information and support for those who are bereaved and those caring for them. With time, support and guidance, people can begin to live their lives again. They return to work, begin caring for their families again and enjoy the company of friends once more.

Since Hope began over 38 years ago, the number of families we help each year has grown substantially. We receive no direct government funding and rely heavily on the support of the Geelong Community.



IT COSTS APPROXIMATELY
\$500,000 ANNUALLY TO
DELIVER OUR CURRENT
SERVICES.

WE NEED COMMUNITY
SUPPORT TO ENSURE

*'no one is
alone in their grief'*

HOPE MODEL

Hope Bereavement Care is a community driven, partnership, not-for-profit, based in Geelong Victoria, providing specialist bereavement services, including counselling, groups, remembrance events and community education.

OUR VISION

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

OUR PURPOSE

To offer free and specialised counselling, support and information, for community members grieving the sudden and unexpected death of an adult, grieving after suicide, and grieving the death of a baby or child; and to enhance the community's care of the bereaved

OUR VALUES

Community
Commitment
Connection

HOPE SERVICES

HOPE BABY AND CHILD SERVICE

Provides support to anyone grieving the death of a child, during pregnancy, birth and up to 18 years. Support is offered through counselling, support groups facilitated by volunteer bereaved parents, memory and remembrance events, and the Treasured Babies Program (offering parents appropriately sized clothing, teddy bears and memory boxes).

HOPE SUPPORT AFTER SUICIDE (SAS)

Provides support to anyone grieving the death of a loved one to suicide; and those in the wider community who may be caring for them. SAS works in partnership with those affected by suicide and the local community, to raise awareness and help to prevent suicide. This service is delivered in partnership with Jesuit Social Services and is proudly supported by Freemasons Victoria.

HOPE ADULT SERVICE

Provides information, support and counselling for those who have experienced the sudden and unexpected death of a loved one and those in the community that care for them.

HOPE KIDS GRIEVE TOO

Provides support for children and young people who are grieving and those in the community that care for them.

IMPACT

EACH YEAR HOPE:

Responds to over **300 NEW REFERRALS**
for those reeling from the recent loss of a loved one

Provides individual support to over

500 INDIVIDUALS AND FAMILIES

Provides

BEREAVEMENT COUNSELLING

to over 450 individuals, with over a third grieving the death of a baby or child and a third grieving after a suicide



Delivers over

50 GROUPS

for over 100 individuals, including a Men's Program for those grieving the suicide death of a loved one, Learning to Live with Loss for women recently widowed, and Empty Arms for those parents who have lost a child. Up to 100 people attend these groups

Provides

EDUCATION AND CAPACITY BUILDING

to community members to enhance their ability to support those in our community who are bereaved

Joins with hundreds of families and friends for the Walk of Hope, Annual Remembering Service and SPAN Suicide Awareness Walk to remember loved ones gone too soon



QUOTES FROM OUR CLIENTS

'We feel that Hope has guided us gently through the worst experience any family should endure.'

'Those of us who have lost a loved one by suicide are at a much higher risk of suicide ourselves and the care that Hope Bereavement provides is not only essential to support the wellbeing of those bereaved by suicide, it also actively assists in further suicide prevention within our community'.

'(Hope) saved my life and gave me an outlet and understanding ear for my grief. The pain that I was able to disclose, pain that I tried to hide from friends and family, and the ability of my counsellor to sit with me in the depths of my grief, is what enabled me to start the long, slow process of dealing with my loss. I will be forever grateful'.

"We are incredibly grateful to Hope for helping us navigate this most painful loss. They specifically understand the responses and reactions that are unique to suicide loss."

**'YOU
ARE AN
INVALUABLE
SUPPORT.'**

'I know I'm not alone when I say that in those dark, dark days you were a flicker of light that saved my life...and I am eternally grateful.'



Hope Bereavement Care acknowledges the traditional owners of country throughout Australia, and their continuing connections to land, sea and community. We pay our respects to them and their cultures, and to elders both past and present.