

About Us

If you have lost someone significant and live in the Illawarra or Shoalhaven region, you are eligible for support.

The bereavement counsellors are trained health professionals with specialist knowledge of grief and loss counselling.

Our volunteer team is made up of community members from all walks of life. They have received specific training in palliative care, grief and bereavement.

All members of our team are bound by confidentiality and a commitment to NSW Health's CORE values (Compassion, Openness, Respect and Empowerment).



Contact Details

We are a self-referral service. If you would like to access our service, please contact us.

Phone: 1300 068 458

Email: ISLHD-
BereavementService@health.nsw.gov.au

Website:

<https://www.islhd.health.nsw.gov.au/services-clinics/bereavement-service>

Need an interpreter? A free and confidential service to help you communicate with staff. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to someone before your appointment.

Need an Aboriginal Health Worker? An Aboriginal Health Worker (AHW) advocates for the needs of consumers who identify as Aboriginal or Torres Strait Islander. They can provide support and information to help you. Tell staff you would like to speak to an AHW, or let them know if there is an AHW you would like us to contact.



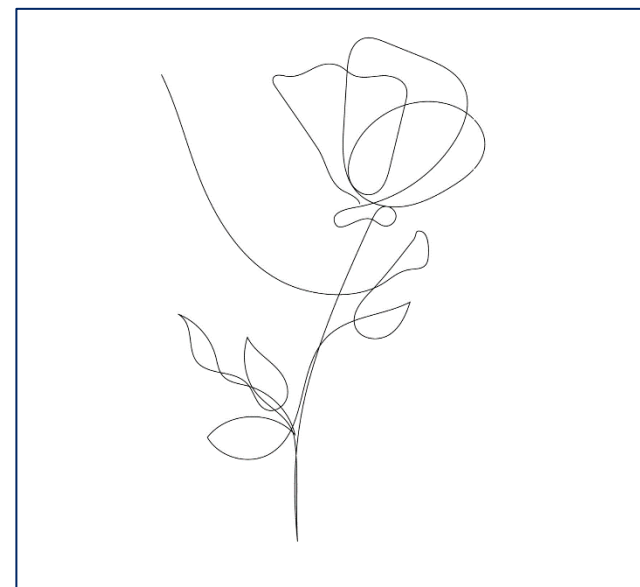
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Illawarra Shoalhaven
Local Health District

Bereavement Counselling Service

Illawarra Shoalhaven Local Health District



Counselling

Grief is a normal and natural response to the death of someone close to us.

Every person grieves in their own way as we are all different. There is no 'right' way to grieve.

Our service offers a variety of options to consider.

Counselling Service

Counselling offers a private, safe space to talk about your grief and ways of coping. It is typically held one on one in a range of locations across the region. This will be negotiated with you directly. Video and phone sessions are also available.

There is no time limit for this service. Some people only attend once, while others have regular appointments for some time.

Other Support

Volunteer '**Grief Companions**' are available to have a chat with you as they offer compassionate listening and support.

Grief companions can meet with you at home, in the community, or simply discuss where to start with various practical tasks.

Events and Services We hold information sessions, support groups, and memorial services throughout the year.

If you would like to hear when these are happening, please get in touch or check the website.

Research and Feedback

Our service is committed to providing excellent care and improvement. There are ongoing opportunities to offer your feedback, share your experience, or participate in research.

Frequently Asked Questions

How long does grief last?

Unfortunately there is no answer for this. We often carry our connection the person who has died throughout our lives. However, the intensity of our grief generally changes and lessens over time.

Are my feelings 'normal'?

While grief is a part of life, at times the emotions can be overwhelming. There is a wide range of common feelings. If you are concerned about yourself or someone else, consider speaking with us.

How do I know if I need help?

There is no right or wrong for seeking support. You are the best judge of your grief experience. Some people find it helpful to talk, while others prefer to work through things privately.

Is there a cost for counselling?

There is no cost to the service, and you do not need a referral from your GP.