

About Us

The Illawarra Shoalhaven Bereavement Counselling Service offers support for all people aged 16 years and over who have experienced the death of a significant person.

The bereavement counsellors are social workers, counsellors, and psychologists with specialised knowledge of grief and loss counselling.

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.
Please contact us.

Phone: 1300 068 458

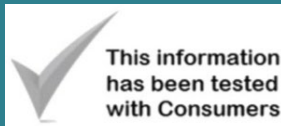
Email: ISLHD-
BereavementService@health.nsw.
gov.au

Website:

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

Need an Interpreter? Interpreters are available if you need help to communicate with staff. The service is free and confidential. We will book an interpreter for you. Call the Translating and Interpreting Service on 131 450 to talk 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 provide support and information to help you. Tell staff you would like to speak to an AHW or 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



Grief and Bereavement

Grief describes the emotions and reactions we experience as we adjust 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 support options for you to consider.

Counselling Service

Counselling provides a safe and confidential space to talk about your grief and ways of coping.

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

At times, we may have a waiting list to access counselling.

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 clear answer to this. We often carry our connection to the person who has died throughout our lives. The intensity commonly changes and lessens over time.

How do I know if I need help?

Some people find it helpful to talk, while others prefer to work through things privately. If you are concerned for yourself or someone else, consider speaking with us.

Is there a cost for counselling?

There is no cost to the service.

How do I access support?

We are a self-referral service, meaning you can contact us directly.

We provide support in person and virtually. We work out of selected Community Health Centres across Wollongong to Ulladulla.