

# Bereavement Counselling Service Information

## About our service

If you live in the Illawarra Shoalhaven and have experienced the death of a significant person in your life, you are eligible for support. Our bereavement counsellors have specialist knowledge to provide grief and loss 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. For some people, it is helpful to seek specialised and non-judgmental support from a bereavement counsellor in a safe space.

### Counselling service

Our bereavement counselling service is open to all people aged 16 years and over.

We encourage enquiries from all potential clients and health professionals.

A GP referral is not required. People who wish to access bereavement counselling can self-refer to the service.

Our counselling service is free and confidential. We provide trauma-informed care, and we are sensitive and welcoming to all diversity.

## 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](mailto:ISLHD-BereavementService@Health.nsw.gov.au)

**For more information please visit our website:**

[https://www.islhd.health.nsw.gov.au/  
services-clinics/bereavement-service](https://www.islhd.health.nsw.gov.au/services-clinics/bereavement-service)

**Scan QR code to visit our website:**



**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.