

## If you need help urgently

### GriefLink is not a counselling or crisis service.

If you are in need of urgent grief assistance please contact your local GP, or if you need to talk to someone straight away, call:

### Lifeline 13 11 14 (Australia local call)

### Kids Helpline 1800 55 1800 (Australia free call)

To find information about South Australian grief counselling services you can visit the SACommunity Bereavement Counselling page at <http://sacommunity.org/>

## Contacting GriefLink

GriefLink aims to be as comprehensive as possible in providing information about relevant resources. To provide information/ updates for GriefLink, please click on the 'Feedback' button on the website.

Please feel free to download this pamphlet for further distribution. Pages from the site may also be downloaded.

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GriefLink is administered by a Management Committee of volunteers. The Committee acknowledges the many different organisations and individuals who have contributed to the development of the website.

### GriefLink is supported by:



ANGLICARE SA



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SA Health



### We subscribe to the HONcode principles



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GriefLink provides web-based information for people who are dealing with grief caused by the death of someone close to them

## The GriefLink website

The GriefLink website provides information and resources for people experiencing grief, and those who are supporting them. GriefLink may also help health professionals and students to understand the impact of grief and to access resources for bereaved clients.

### GriefLink provides:

- information about different death-related grief experiences
- listings of bereavement supports in South Australia for self and professional referral
- links to other information sources and organisations including web links to other grief-related sites
- a quiz allowing users to test their knowledge about grief, so they can identify which resources may be useful for themselves or in helping others
- an application form for SA support groups or organisations for inclusion of their information on the website.

## About Grief

Grief is the human response to loss. The most common cause of grief is the death of someone close, but grief can be felt about many losses: the end of a relationship, losing a job, moving or migrating, to name a few.

## GriefLink focuses on grief which occurs as a result of the death of someone close.

Loss, death and grief are issues we all face at some time in our life. Grief is a normal reaction to bereavement and loss. Coping with grief may require support, but it can be hard to know where to find that support.

The impact of loss and grief is often underestimated and people may experience a wide range of emotional and physical responses.

How long people grieve is different for every person. It is affected by things such as the closeness of the person who has died and other events that may have happened. It is not unusual for grief to be felt for a long time.

When people grieve, they are expressing their sorrow for what has changed in their lives. At the same time, they are beginning to find new ways of going about their lives to cope with the gaps that the loss has created.

## Coping with Grief

The death of someone close changes our life; things will never be the same afterwards. The future may seem very dark and frightening, and people may wonder how they will survive the pain and confusion they are feeling. GriefLink helps people to find information about the feelings they are experiencing, and to find appropriate support.

Some people find it helpful to seek professional medical or psychological help if they are overwhelmed by grief or memories.

## How to help someone who is grieving

It can be difficult to know how to help someone who has experienced the death of someone dear to them, but there are some simple things that people can do, including:

- give time to really listen
- keep in touch in the months ahead

It's OK to:

- get in touch as soon as you can and let them know you are sorry to hear of their loss
- talk about the person who has died
- let the person express what they feel - it's OK if they need to cry, or be quiet, or scream or laugh
- offer practical help - a meal, shopping, child minding, gardening.

It is important to try to understand that grief takes time and is different for everyone. It is also important to acknowledge your limitations and to take care of yourself. GriefLink can help you to find appropriate services to suggest to the person you are supporting.