

Additional Public and Private Sources **For Grief and Emergency Counselling**

Emergency police and ambulance:

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Lifeline: Crisis support and suicide prevention

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Griefline: support for trauma and grief through loss of a loved one

1 300 845 745

Beyond Blue: Support for anxiety, depression and suicide

1 300 22 4636

NSW Mental Health Line

1800 011 511

eheadspace: wellbeing support, and information to young people aged 12 to 25 years and their families

1800 650 890

Kids Helpline: private counseling service specifically for children and young people aged 5 to 25.

1800 55 1800

Men's Line Australia: telephone information and support service

1300 78 9978

Suicide Call Back Service: provides 24/7 support if you or someone you know is feeling suicidal

1300 65 9467

Open Arms: Veterans and Families Counselling

1800 011 046

Australian Centre for Grief and Bereavement: Bereavement Information and Referral Service

1800 642 066

National Association for Loss & Grief (NSW): Telephone based grief support service

(02) 9489 6644

SIDS and Kids NSW: Services for people who experience the death of a baby or child up to six years of age
1800 651 186

Sands: Parent support groups for miscarriage, stillbirth and newborn deaths
1300 0 SANDS

Solace Australia: Supporting those grieving the death of their partner
(02) 9519 2820

Salvo Care Line
9331 6000

Sydney Women's Counselling Centre: Bereavement counselling by women for women
(02) 9522 1000 & (02) 9718 1955

Catholic Care: Relationship & Family Counselling
(02) 9509 1111

Mental Health Access Line: Blue Mountain support hot line
1 800 011 511