

Books

- **On Grief and Grieving** Elisabeth Kubler-Ross and David Kessler
- **Coping with Grief** Mal McKissock
- **Getting Back to Life When Grief Won't Heal** Phyllis Kosminsky
- **How to go on living when someone you love dies** Therese A. Rando
- **The Year of Magical Thinking** Joan Didion
- **A Grief Observed** C.S. Lewis
- **Now that the Funeral is Over** Doris Zagdanski

Books for parents and caregivers

- **Bereaved Children and Teens: A Support Guide for Parents and Professionals** Earl Grollman
- **A Parent's Guide to Raising Grieving Children** Phyllis Silverman and Madelyn Kelly
- **Helping Children Cope with the Loss of a Loved One** William C. Kroen
- **The Grieving Teen** Helen Fitzgerald

Books for young people

- **Something I've Never Felt Before: How Teenagers Cope with Grief** Doris Zagdanski
- **The Grief Book: Strategies for Young People** E Vercoe and K Abramowski

Books for children

- **Beginnings and Endings with Lifetimes in Between** Bryan Mellonie and Robert Ingpen
- **Dan's Grandpa** Sally Morgan
- **Help me say goodbye: Activities for helping kids cope when a special person dies** Janis Silverman
- **When Someone Very Special Dies: Children Can Learn to Cope with Grief** Margaret Heegaard

Internet Resources

Australian Centre for Grief and Bereavement
www.grief.org.au/

Bereavement CARE Centre
www.bereavementcare.com.au/

Beyond Blue
www.beyondblue.org.au/the-facts/grief-and-loss

Griefline
griefline.org.au

National Association for Loss and Grief (NSW)
www.nalag.org.au/

National Centre for Childhood Grief
www.childhoodgrief.org.au/

Palliative Care Australia
www.palliativecare.org.au/

Palliative Care NSW
www.palliativecarensw.org.au/

Skylight
www.skylight.org.nz/

This pamphlet is for information purposes. Western Sydney LHD does not formally endorse or recommend listed external services, resources and websites.

24 hour telephone support

Lifeline	13 11 14
Beyond Blue	1300 224 636
Mensline	1300 789 978
Mental Health Access Line	1800 011 511
Kids Help Line	1800 551 800

Information about grief and bereavement services and resources



Western Sydney Local Health District
Bereavement Service

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Bereavement counselling, support and information for family members of someone who died and was known to Western Sydney Local Health District (including Auburn, Baulkham Hills, Blacktown, Holroyd and Parramatta LGAs).

P: 9881 1723

E: WSLHD-BereavementCounselling@health.nsw.gov.au

Grief and bereavement counselling & support services

Bereavement CARE Centre and National Centre for Childhood Grief (Eastwood)

Counselling and support for adults and children

P: 1300 654 556

www.bereavementcare.com.au/

www.childhoodgrief.org.au/

CanTeen NSW

Counselling and support for young people (12-25 years) who have a parent with cancer or whose parent has died from cancer

P: 1800 835 932

www.canteen.org.au/young-people/bereavement/

Prolonged Grief Program, Traumatic Stress Clinic (Westmead)

See website for details

P: 9845 7979

www.traumaticstressclinic.com/prolonged-grief/

Bereavement groups, online forums & other support

Cancer Council NSW Bereavement Telephone Support Group

Bereavement Telephone Support Group, Online Discussion Forums

P: 13 11 20

The Compassionate Friends NSW Inc

Support for bereaved parents, siblings or grandparents

P: 9290 2355

www.thecompassionatefriends.org.au

Griefline

Phone support, online forums and group support, 6am to midnight, 7 days

P: 1300 845 745

www.griefline.org.au

National Association for Loss and Grief

Telephone support sessions

P: 0439 922 201 or 9489 6644

Solace Association

Group support program for people grieving the death of a partner

P: 9519 2820

www.solace.org.au

Community Health Centres in Western Sydney

Auburn

P: 9646 2233

Blacktown

P: 9881 8700

Hills

P: 8853 4500

Merrylands

P: 9682 3133

Mt Druitt
Parramatta

P: 9881 1200
P: 9843 3222

Other generalist counselling services around Western Sydney

Anglicare Counselling (Penrith)

P: 4731 6467

Hills Family Centre (Castle Hill)

P: 9899 2944

Lifeline Western Sydney (Parramatta)

P: 9891 6212

Penrith Women's Health Centre

P: 4721 8749

Relationships Australia (Westmead)

P: 9806 3299

Salvation Army Counselling Service (Penrith)

P: 4751 3951

UnitingCare Unifam Counselling and Mediation Service (Parramatta)

P: 8830 0700

Other counselling & support

Carer Counselling Program via Carer Gateway

P: 1800 422 737

Co.As.It: Italian Association of Assistance

P: 9564 0744

Greek Welfare Centre

P: 9687 8955

