



Telephone counselling & support

Service	Phone Number	Phone Hours	Website	Online Chat	Chat Hours
<i>Grief and bereavement focussed</i>					
GriefLine	1300 845 745	6am – midnight, 7 days	https://griefline.org.au/	Yes	24 hours, 7 days
Grief Support Telephone Service	0439 922 201 or 02 9489 6644	Leave a message, an appointment will be made	http://www.nalag.org.au/	No	n/a
<i>Crisis support</i>					
Lifeline	13 11 14	24 hours, 7 days	www.lifeline.org.au	Yes	7pm – 4am, 7 days
Mental Health Access Line	1800 011 511	24 hours, 7 days	https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx	n/a	n/a
Suicide Call Back Service	1300 659 467	24 hours, 7 days	www.suicidecallbackservice.org.au	Yes	24 hours, 7 days
BeyondBlue	1300 224 636	24 hours, 7 days	www.beyondblue.org.au	Yes	3pm – 12am, 7 days
SANE Australia	1800 187 263	9am – 5pm, weekdays	www.sane.org	Yes	9am – 5pm, weekdays
Mensline	1300 789 978	24 hours, 7 days	https://mensline.org.au	Yes	24 hours, 7 days
Kids Help Line	1800 551 800	24 hours, 7 days	https://kidshelpline.com.au	Yes	24 hours, 7 days

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

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

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.palliativecare.nsw.org.au/