



## Grief counselling referrals

Grief is the normal process of reacting to a loss. The loss may be physical such as a death, social such as divorce, or occupational such as a job or livelihood. Emotional reactions of grief can include anger, guilt, anxiety, sadness, and despair. It is the normal, healthy process of coping with the separation from something very important or significant in our lives. The journey of grief can be frightening, painful and lonely. It can be distressing and it is a journey which can be different for every person. Each person's grief is unique and each person will grieve in a way which is right for them. The following are some referrals that may be helpful. Please contact Epilepsy Queensland on the numbers below for further assistance.

### **BEYOND BLUE**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

**P: 1300 22 46 36**

### **BRISBANE COUNSELLING CENTRE**

[www.brisbanecounsellingcentre.com.au](http://www.brisbanecounsellingcentre.com.au)

MAP House, Level 9,  
135 Wickham Tce, Brisbane

**P: (07) 3831 4452**

### **LIFELINE**

Crisis support, Suicide Prevention.

[www.lifeline.org.au](http://www.lifeline.org.au)

**P: 13 11 14**

### **SUDEP**

**Sudden unexpected death in epilepsy**

SUDEP is the sudden, unexpected death of someone with epilepsy, who is otherwise healthy.

[www.sudep.org](http://www.sudep.org)

[www.epilepsy.com/learn/early-death-and-sudep/sudep](http://www.epilepsy.com/learn/early-death-and-sudep/sudep)

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

### **Grief counselling**

Counselling for those experiencing periods of grief or loss can be accessed through the Services Australia

Social Worker network (Centrelink)

[www.servicesaustralia.gov.au/individuals/contact-us](http://www.servicesaustralia.gov.au/individuals/contact-us)

**P: 13 24 68**

### **SANDS Australia**

Miscarriage, stillbirth and newborn death support

[www.sands.org.au](http://www.sands.org.au)

**P: 1300 072637**

**Qld P: 07 3254 3422**

### **CARERS AUSTRALIA**

Short-term counselling, emotional and psychological support services for carers and their families

**P: 1800 242 636 (Carer Services)**

**HEADSPACE**

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

**P: 1800 650 890**

**KIDS HELPLINE**

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

**P: 1800 55 1800**

**MENSLINE AUSTRALIA**

A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

**P: 1300 78 99 78**

**RELATIONSHIPS AUSTRALIA**

A provider of relationship support services for individuals, families and communities.

**P: 1300 364 277**

**SANE Australia Helpline**

Information about mental illness, treatments, where to go for support and help carers

**P: 1800 187 263**

**QLife**

Australia's first nationally-oriented counselling and referral service for LGBTI people.

**P: 1800 184 527**

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