

# let's talk coping with grief



Grief is what we feel after the death of a loved one or big change in our life. It is a natural and normal thing to feel. It helps us think through what has happened. Sometimes we might need help to cope with the changes in our life.

## What grief might feel like

- Sadness
- Shame and guilt
- Loneliness
- Frustration
- Anger
- Feeling helpless
- Confusion
- Feeling stressed or anxious
- Fear
- Thinking about dying all the time
- Loss of hope and dreams for the future
- Focusing on lost opportunities
- Not feeling hungry
- Difficulty sleeping
- Headaches
- Trouble focusing, remembering or concentrating
- Not wanting to be around friends and family
- Not taking care of yourself

## How to take care of yourself

- Acknowledge the pain you feel is normal
- Talk to friends and family about how you're feeling or join a support group
- Eat well and get lots of sleep
- Ask for support when you need it
- Do not compare your grief to others
- Express your feelings in your own time and way
- Try not to take big risks or make life-changing decisions until you are ready
- Know that you won't have all the answers
- Accept help if people are offering it
- Try to get back to a routine but don't push yourself
- If grieving the death of a loved one, remember and celebrate them when you are ready

Grief is a process. There is no right or wrong way  
to grieve or a set time that it takes to adjust.

If you or someone else is in immediate danger call 000  
or go to your nearest hospital emergency department.

# How to help others through grief

Sometimes it can be hard to know what to say to a person who is grieving. There are ways we can be there to support someone through the process.

- **Be a good listener**

Grieving people need to talk about their loss. You can't fix their grief, but you can be there to hear their story and share their journey.

- **Be a shoulder to cry on**

Allow the person to cry with you. Crying helps to release emotions and heal.

- **Be in touch with them**

Visit the person or call. Let them know you've been thinking of them. Write a letter, send an email and remember their special days like birthdays and anniversaries.

- **Be a friend**

Often just being there is all that is needed to support someone who is grieving. Everyone's journey through grief is different and can last a long or short time. Don't be afraid to speak up if you think your friend needs help.

## Where to get help

### General Practitioners (GPs)

for advice and treatment. GPs also provide Mental Health Treatment Plans and referrals

### Specialised mental health clinicians and services

such as psychologists, social workers, mental health nurses or psychiatrists (can be referred by a GP)

### Telephone support services

NSW Mental Health Line: 1800 011 511 (24/7)  
Lifeline: 13 11 15 (24/7)  
Kids Helpline: 1800 55 1800 (24/7)  
Suicide Callback Service: 1300 659 467 (24/7)  
MensLine: 1300 78 99 78 (24/7)  
NALAG Grief Support Service: 02 6882 9222  
Beyond Blue Support: 1300 224 636 (24/7)

### Online information and counselling services

#### *Grief-specific*

National Association of Loss and Grief (NALAG): [nalag.org.au](http://nalag.org.au)

Grief Link: [grieflink.org.au](http://grieflink.org.au)

Good Grief: [goodgrief.org.au](http://goodgrief.org.au)

Australian Centre for Grief and Bereavement: [grief.org.au](http://grief.org.au)

#### *Other*

Beyond Blue: [beyondblue.org.au](http://beyondblue.org.au)

Black Dog Institute: [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

Head to Health: [headtohealth.gov.au](http://headtohealth.gov.au)

Mental Health Online: [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

This Way Up: [thiswayup.org.au](http://thiswayup.org.au)

Contact  
your local  
RAMHP  
Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns

VISIT [www.ramhp.com.au](http://www.ramhp.com.au)