Palliative Care Services—grief and loss support
Information for patients, carers and their families

We all work through grief and loss differently. What is ‘right’ for one, is not for the other. Here are some ideas of support options on the Sunshine Coast.

Family and friends
These are our first sources of support. If more support needed, please consider:

Existing networks
Services that might provide support include:

• your workplace
• your university or TAFE
• your church
• your school—guidance officers or chaplains for children and teenagers
• clubs e.g. RSL or Surf Lifesaving
• Department of Veterans Affairs: counselling available ph: 1800 011 046
• Suncare Carer Program: Face-to-face and telephone counselling, Birtinya ph: 5436 3900
  Maroochydore ph: 5443 7655
• Home visiting nursing service: some provide follow up grief counselling, such as Cittamani, Blue Care, Little Haven. Some also provide bereavement support groups
• Palliative Care Services: can provide some free counselling, education, support groups and referrals.
  Nambour: 5470 5333, Dove: 5436 8633.

General Practitioners
Can help you monitor your grief over time, and discuss concerns and options. Via a Mental Health Care Plan, G.P.s can arrange access to Medicare-funded counselling and may recommend a counsellor.

Urgent counselling
If you need someone to talk to urgently or in the middle of the night, try these agencies:

• Lifeline 131 114
• Beyondblue ph:1300 224 636
• Kids Helpline ph: 1800 551 800 (for five to 25 years of age)
Cancer counselling services/supports
If you or your loved one have been impacted by cancer, these agencies can provide bereavement support:

**Cancer Council Queensland**
Face-to-face or phone counselling with a psychologist (G.P. referral recommended). Peer support offered by trained volunteers with lived experience of cancer grief. Mindfulness courses offered at various times throughout the year.

- phone: 5451 6000
- web: www.cancerqld.org.au
- email: info@cancerqld.org.au

**Bloomhill**
Support available for Bloomhill members, including counselling, phone support, bereavement groups and massage.

- phone: 5445 5794
- web: www.bloomhill.com.au
- email: admin@bloomhill.com.au

**Canteen**
For ages 12-24 years. Online, telephone and email support. Face-to-face counselling, Brisbane, and sometimes available on Sunshine Coast. Peer activities. Excellent web resources.

- phone: 1800 226 833
- web: www.canteen.org.au
- email: support@canteen.org.au

Some local agencies that offer counselling

**Uniting Care Community**
(Previously known as Lifeline).

- phone Maroochydore: 5409 2600
- phone Gympie: 5480 3400
- web: www.uccommunity.org.au

**Salvation Army**

- phone Caloundra: 5491 8653
- phone Coolum - 07 5471 7088
- phone Maroochydore: 5443 8248
- phone Nambour - 07 5441 5538
- phone Noosaville: 5442 4218
- web: www.salvationarmy.org.au

**Centacare**
G.P. referrals recommended.

- phone Maroochydore: 5430 9300
- web: www.lifesupportcounselling.com.au

**General counselling**
If seeking a private counsellor you can search the Yellow Pages, the Internet, or try:

**Australian Psychological Society (APS)**

- phone: 1800 333 497
- website: www.psychology.org.au

**Australian Counselling Association (ACA)**

- phone: 3356 4255 or 1300 784 333
- website: www.theaca.net.au

Helpful websites
Australian Centre for Grief and Bereavement
www.grief.org.au

Cancer Council Queensland
www.cancerqld.org.au

My Grief Assist
www.mygriefassist.com

beyondblue
www.beyondblue.org.au

Canteen
www.canteen.org.au

Headspace
www.headspace.org.au

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