

BEREAVEMENT SUPPORT PROGRAM

Resources & Community Education

THE AUSTRALIAN CENTRE FOR GRIEF AND BEREAVEMENT

The Australian Centre for Grief and Bereavement (ACGB), who developed information sheets available via for download or hardcopy order, surrounding the topics of general grief, supporting others who are grieving, grief through different ages, and bereavement in the workplace. The ACGB additionally developed a booklet titled 'After the Loss of a Child: a resource for parents of children in palliative care'. This includes details on seeking help and resources, grief over time, parenting after the loss of a child, grief and relationships, before the death and after the death.

Website: www.grief.org.au

CARER HELP

Carer Help is an organisation focused primarily on end-of-life caring and post-caring life, offering factsheets and videos for preparation for death and after the loss of someone. They offer a range of resources and modules ordered in the following Carer Pathways:

1. When someone needs care
2. Caring when death is a possibility
3. Preparing for dying
4. When the person is dying
5. After caring

Each pathway includes a downloadable resource, video/s, helpline numbers, and other resources/networks that can be linked into to gain more support.

Website: <https://www.carerhelp.com.au>

THE RED NOSE: GRIEF AND LOSS FOUNDATION

The Red Nose: Grief and Loss Foundation has a library of articles and writings on personal testimonies, support services and experiences available on their website. These articles are classified into groups targeted at fathers, mothers and all loved ones, with some as written articles and others in video formats.

Website: www.rednosegriefandloss.org.au

MY GREIF ASSIST

Another accessible resource hub is offered by My Greif Assist. This organisation's website contains simple factsheets, grief inspiration and resources including some book, movie and music recommendations. A library of downloadable factsheets written by experts are available as well as informative videos on topics including the value of funerals, gratitude thinking and grief, parents' grief, and children experiencing bereavement. My Grief Assist's resources are easy to read or view and provide a good early support for recent grief.

Website: www.mygriefassist.com.au

BEREAVEMENT SUPPORT PROGRAM

Resources & Community Education

THE COMPASSIONATE FRIENDS VICTORIA

The Compassionate Friends Victoria (T.C.F.V.), although not offering services in WA has numerous resource sheets, videos and a blog that are accessible and helpful. This organisation has information for all loved ones, but places a focus on support for bereaved siblings, offering advice about healing processes, practical forms of coping, rethinking closure, and commonalities and differences in grief.

T.C.F.V. offers resources in video format as well including one video that addresses the myths of grief. A number of research materials are available written by professionals or academics on a variety of topics.

Website: <https://www.compassionatefriendsvictoria.org.au>

GRIEFLINE

The Griefline website has numerous grief and loss resources including evidence-based articles in a range of areas. These easy-to-read resources include topics of loneliness, isolation, delayed grief, grief in children, understanding trauma and experiences of grief, and supporting a grieving friend. In addition to bereavement resources, there are also resources with guidance for self-care and wellbeing through times of any type of grief, stressful or traumatic events and isolation.

Website: <https://griefline.org.au>

GRIEF STORIES

Grief Stories is an organisation with writings, articles and videos about coping and healing methods. These include art, music and therapeutic writing for healing, with videos of professionals detailing the benefits these have in bereavement and grief. Included among these, is a grief educators blog post about grief and disability.

Website: www.griefstories.org

GOOD GREIF

The organisation Good Greif has published a number of factsheets for different age groups dealing with grief and loss. These include ones about how to support yourself and others from varying age groups ranging from children to adults. In addition to these, there is a series of programs available on coping methods, including 'Seasons for Growth' aimed at strengthening the social and emotional wellbeing, and a 'Seasons for Healing' program for Aboriginal and Torres Strait Islander people in culturally appropriate ways to learn of grief, loss and change.

Website: www.goodgrief.org.au/grief-resources

BEREAVEMENT SUPPORT PROGRAM

Resources & Community Education

THE GRIEF CENTRE NEW ZEALAND

The Grief Centre New Zealand has a range of booklets downloadable on their website for loss of different relationships, sudden loss, supporting children through bereavement, and post traumatic growth after grief. Additionally, a community resource library of videos are published on the Grief Centre of New Zealand's Facebook page. These videos range in length between very short and more than an hour, each focused on a different topic. Links to this library are throughout their website.

Website: www.griefcentre.org.nz