

Books

- **On Grief and Grieving** Elisabeth Kubler-Ross and David Kessler
- **Coping with Grief** Mal McKissock
- **Getting Back to Life When Grief Won't Heal** Phyllis Kosminsky
- **How to go on living when someone you love dies** Therese A. Rando
- **The Year of Magical Thinking** Joan Didion
- **A Grief Observed** C.S. Lewis
- **Now that the Funeral is Over** Doris Zagdanski

Books for parents and caregivers

- **Bereaved Children and Teens: A Support Guide for Parents and Professionals** Earl Grollman
- **A Parent's Guide to Raising Grieving Children** Phyllis Silverman and Madelyn Kelly
- **Helping Children Cope with the Loss of a Loved One** William C. Kroen
- **The Grieving Teen** Helen Fitzgerald

Books for young people

- **Something I've Never Felt Before: How Teenagers Cope with Grief** Doris Zagdanski
- **The Grief Book: Strategies for Young People** E Vercoe and K Abramowski

Books for children

- **Beginnings and Endings with Lifetimes in Between** Bryan Mellonie and Robert Ingpen
- **Dan's Grandpa** Sally Morgan
- **Help me say goodbye: Activities for helping kids cope when a special person dies** Janis Silverman
- **When Someone Very Special Dies: Children Can Learn to Cope with Grief** Margaret Heegaard

Internet Resources

- **Australian Centre for Grief and Bereavement**
www.grief.org.au/
- **Bereavement CARE Centre**
www.bereavementcare.com.au/
- **Beyond Blue**
www.beyondblue.org.au/the-facts/grief-and-loss
- **National Association for Loss and Grief (NSW)**
www.nalag.org.au/
- **National Association for Loss and Grief (Victoria)**
www.nalagvic.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/
- **Skylight**
www.skylight.org.nz/

This pamphlet is for information purposes. Western Sydney LHD does not formally endorse or recommend listed external services, resources and websites.

24 hour telephone support

Lifeline	13 11 14
Mensline	1300 789 978
Kids Help Line	1800 551 800

Information about grief and bereavement services and resources



Supportive & Palliative Care

Supportive & Palliative Care Bereavement Counsellor

- **Western Sydney LHD**
Bereavement counselling, support and information for family members of someone who died and received palliative care (in hospital or at home) in western Sydney.
Ph: 9881 1723

Grief and bereavement counselling & support services

- **Bereavement CARE Centre and National Centre for Childhood Grief (Eastwood)**
Counselling and support for adults and children
Ph: 1300 654 556
www.bereavementcare.com.au/
www.childhoodgrief.org.au/
- **CanTeen NSW**
Counselling and support for young people (12-25 years) who have a parent with cancer or whose parent has died from cancer
Ph: 1800 835 932
www.canteen.org.au/young-people/bereavement/
- **Complicated Grief Program (Westmead)**
Ph: 9845 7979
See website for details
www.traumaticstressclinic.com/prolonged-grief/

Bereavement groups & other support

- **Bereavement Telephone Support Group**
Telephone support group facilitated by Cancer Council NSW
Ph: 13 11 20
- **National Association for Loss and Grief - Grief Support Telephone Service Sydney**
Telephone support sessions
Ph: 0439 922 201 or 9489 6644
- **Solace Association**
Group support program for people grieving the death of a partner
Ph: 9519 2820
www.solace.org.au
- **The Compassionate Friends NSW Inc**
Support for bereaved parents, siblings or grandparents
Ph: 9290 2355
www.thecompassionatefriends.org.au

Community Health Centres in western Sydney

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|--------------|---------------|
| • Auburn | Ph: 9646 2233 |
| • Blacktown | Ph: 9881 8700 |
| • Hills | Ph: 8853 4500 |
| • Merrylands | Ph: 9682 3133 |
| • Mt Druitt | Ph: 9881 1200 |
| • Parramatta | Ph: 9843 3222 |

Other generalist counselling services in western Sydney

- **Anglicare Counselling (Penrith)**
Ph: 4731 6467
- **Hills Family Centre (Castle Hill)**
Ph: 9899 2944
- **Lifeline Western Sydney (Parramatta)**
Ph: 9891 6212
- **Penrith Women's Health Centre**
Ph: 4721 8749
- **Relationships Australia (Westmead)**
Ph: 9806 3299
- **Salvation Army Counselling Service (Penrith)**
Ph: 4751 3951
- **UnitingCare Unifam Counselling and Mediation Service (Parramatta)**
Ph: 8830 0700

Other counselling & support

- **National Carer Counselling Program**
Ph: 9280 4744
- **Co.As.It: Italian Association of Assistance**
Ph: 9564 0744
- **Greek Welfare Centre**
Ph: 9687 8955

