

# Grief and bereavement support





## The experience of grief following a bereavement

Following the loss of your loved one, you may find yourself affected in many ways.

Although grieving is a natural and normal experience in response to loss, it can be very challenging. It may help you to know that:

- People grieve in their own unique and personal ways
- There is no timetable for grief - it will take its own path and time
- Grief may involve a wide range of emotions and behavioural responses: physical, psychological and spiritual
- Grief can be complex and ongoing

In the months and years following a death, most people find a way forward. After a period of time, they can feel they are living a meaningful life once more.

It is very important to ensure you seek support if you feel you are not coping. Reach out to a trusted friend or family member, access specialised grief counselling support or make contact with us here at Cabrini. You need not be alone.



## Supporting you after your loss

Bereavement support is part of Cabrini's Pastoral and Bereavement Service.

We understand that it can be helpful to provide a listening presence for people in their grief, supporting them while they process their feelings.

In the year following the death of a loved one, Cabrini will support you in the following ways:

1. Within one week, we will reach out to you by phone to convey our sympathy and ongoing support.
2. After eight weeks, we will send you a letter with information about grief and loss.
3. After six months or so, we will send you an invitation to attend a shared memorial service at the Cabrini Chapel, Malvern to honour and remember your loved one.
4. After 12 months, we will send you a card to acknowledge the first anniversary of your loss.

We are here to support you and while we do not offer formal bereavement counselling, we can direct you to specialised support within the community.

If you do not wish to receive any of the above communications, simply let us know by phone or email at any time.

## How to access bereavement support

Cabrini's bereavement service covers Malvern, Brighton and the Community Palliative Homecare Service (CPHC).

If you would like to contact us, please phone (03) 9508 1237 or call the switchboard on (03) 9508 1222 and ask to speak to the Bereavement Support Coordinator, or email us at: [pastoralbereavementservices@cabrini.com.au](mailto:pastoralbereavementservices@cabrini.com.au)



## Caring for yourself

Caring for yourself is especially important during this time of grief.

It can help to connect with relationships and activities that support and comfort you.

It may be that you need to give yourself time and space for reflection, and for the expression of your feelings.

You may find you are very busy and have much to organise, so don't hesitate to ask for assistance whenever you feel overwhelmed or need help.

Where possible, try to look after your health and wellbeing. For some people, taking gentle walks or exercise can be helpful.

If you are a spiritual or religious person, you may wish to seek support and connection in ways that are meaningful for you.

We would like you to know that we are thinking of you and we offer you the following blessing:

### **Deep peace**

*Deep peace of the running wave to you.*

*Deep peace of the flowing air to you.*

*Deep peace of the quiet earth to you.*

*Deep peace of the shining stars to you.*

*Deep peace of the source of peace to you.*



## Other helpful resources:

### **Grief Australia**

Ph: 1800 642 066

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

### **Griefline (8 am to 8 pm, 7 days a week)**

Ph: 1300 845 745

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

### **Lifeline (24 hrs)**

Ph: 13 11 14

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

### **MensLine Australia (24 hrs)**

Ph: 1300 789 978

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

### **Kids Helpline (24 hrs)**

Ph: 1800 551 800

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

### **Beyond Blue (24 hrs)**

Ph: 1300 224 636

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