

“ The comfort and understanding I received from my counsellor meant so much to me at a very vulnerable time in my life. ”

How can I access the service?

The service can be accessed face to face, online via webcam and over the phone. We also have a Health Interpreters Service available for non-English speakers.

Bereavement counsellors are located at HammondCare Braeside Hospital. If you are unable to access that location, appointments at other South Western Sydney Local Health District health services may be arranged.

To make an enquiry or to arrange an appointment, please feel welcome to contact us.

 **1800 427 255**

 **bereavement@hammond.com.au**

Further information and support

Visit hammond.com.au/healthcare-services/bereavement-support-services for more information and resources on bereavement and grief.



Northern Sydney Local Health District Map

If you are a family member or friend of someone who died at a HammondCare Hospital or was known to a palliative care service at any publicly funded Northern Sydney Local Health District Hospital, you can access HammondCare's Bereavement Support Service.

HammondCare 

HammondCare
Level 4, 207B Pacific Highway,
St Leonards NSW 2065
Phone 1300 426 666
hammondcare.com.au

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HammondCare 

Bereavement Support

Compassionate support
for you and your family



What is bereavement counselling and how may it assist you?

Bereavement counselling is a confidential discussion with a specially trained professional who can support you to explore the impact of your loss and identify strategies for coping as well as possible.

Who can use the service?

- Family and friends of someone who died at a HammondCare Hospital or was known to a HammondCare community service
- Family and friends of someone who died at any publicly funded Northern Sydney Local Health District Hospital (see map) **and** was known to a palliative care service
- Family and friends living in the Northern Sydney Local Health District whose family member died outside of this area **and** was known to a palliative care service
- Counselling is available for individuals, couples and families

Bereavement counselling may assist you to:

- Understand your grief and its impact
- Have an opportunity to talk about your family member
- Discuss concerns with a sensitive and skilled professional
- Identify, understand and express your thoughts and feelings
- Access information about the grieving process and what you may expect
- Access your own resources and ways of coping
- Find ways to cope as well as possible

You can expect your counsellor:

- To listen to you and learn about your experience of grief
- To manage and support your grief in your own way
- To provide useful information and strategies that might be helpful

Bereavement counselling may be useful if:

- You are concerned your grief is getting worse over time
- Your grief is having a negative impact on your relationships with others
- You would like ideas or information on how to support your children, partner, parent or other family members
- You feel like you can't talk about your grief or about your family member
- You are feelings emotions such as anger or guilt for a long period.
- You have persistent, distressing memories about the events surrounding your family member's death
- You have questions or challenges you wish to talk through with someone impartial

How much does it cost?

There is **no cost** for our bereavement counselling service.

How many counselling sessions should I have?

Some people attend for a single session; some attend regular fortnightly or monthly appointments; and others check in as and when they need to.

There are no rules about the frequency of counselling sessions. You and your counsellor will discuss what arrangements may be most helpful.

Groups

People can find it useful to connect with others who are experiencing similar challenges following the death of a family member. Our Bereavement Counsellors facilitate groups that explore the challenges of grief and strategies that help people to cope. Examples of group counseling include for people raising children following the death of a spouse, for men grieving the death of a partner and to provide support around getting through Christmas.

To register your interest in participating in a group visit www.hammond.com.au/healthcare-services/bereavement-support-services/referral



The grief experienced in response to death is unique and personal.

There is no right or wrong way to grieve.