

Help is available – is free and confidential.

All services are respectful of people's culture, religion and identity.

Grief and bereavement

1800 222 200 www.aged.grief.org.au

Dementia behaviour support

1800 699 799 www.dementia.com.au

Trauma resources

www.phoenixaustralia.org/aged-care

Advice and advocacy

1800 700 600 www.opan.com.au

Translations and accessibility

Translating and Interpreting Service (TIS) 131 450, ask for your language to connect.

Auslan Connections

P: 1300 010 877

E: interpreter.bookings@deafservices.org.au

F: 07 3892 8511 SMS: 0407 647 591

The Grief and Trauma Support Program complements existing mental health services.

Crisis support is available from your GP, or

Lifeline: www.lifeline.org.au and

Beyond Blue: www.beyondblue.org.au **Head to Health:** www.headtohealth.gov.au

Grief and bereavement

Australian Centre for Grief and Bereavement

It's ok to seek help if you are experiencing grief, loss or bereavement because of COVID-19.

Australian Centre for Grief and Bereavement offers

- support services and resources
- bereavement practitioners.

Call and yarn **1800 222 200** phone counselling, or visit **www.aged.grief.org.au** or download **'My Grief' app** for advice and support.



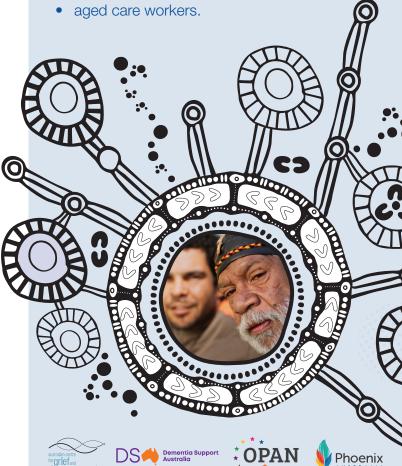




Affected by COVID-19 in aged care?

Help is available by phone, in-person and online

- for Elders and community aged care residents
 - their families, carers and friends









Dementia behaviour support

Dementia Support Australia

Need help with Elders and aged care residents living with dementia who have changed behaviours because of COVID-19 restrictions?

Dementia Support Australia offers

- specialised engagement consultants
- · clinical support, plans, strategies and advice
- information services are available 24 hours a day.

Call and yarn on **1800 699 799** or visit **www.dementia.com.au**

Advice and advocacy

Older Persons Advocacy Network (OPAN)

OPAN offers

- free and confidential advocacy and advice
- COVID-19 advice and referral services
- is independent of the government and aged care providers.

Call and yarn on 1800 700 600 or visit www.opan.com.au



Phoenix Australia

Do you have old or new emotional trauma exposed by COVID-19? While some people recover, others may develop mental health problems and need help.

Phoenix Australia offers

- information and tools to support those affected by traumatic experiences
- trauma and grief resources for older people, their families and carers
- fact sheets, webinars and training for the aged care workforce.

Need help? Seek it:

www.phoenixaustralia.org/aged-care

