



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.



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



Australian Government

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
- aged care workers.



Affected by COVID-19?

Free help is available



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

CENTRE FOR
POSTTRAUMATIC
MENTAL HEALTH

Trauma resources

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

