



E-health resource: Grief and Loss

Online Resources	Description	Link
Pink Elephants Support Network	Online information and resources to help families cope with miscarriage	miscarriagesupport.org.au
Headstart	Web and mobile app providing mental health information specific to South Western Sydney, including resources and local service details	headstart.org.au

Counselling and Treatment	Description	Link
Grief Line 15+ years	Online and telephone (1300 845 745) counselling (24/7) support for those experiencing grief and loss	griefline.org.au
E-couch	Online course for people experiencing loss and grief	ecouch.anu.edu.au
Healthful Chat 15+ years	Moderated discussion forums and online support groups.	healthfulchat.org
Suicide Call Back Service	Telephone counselling (1300 659 467) and resources to people at risk of suicide, carers and those bereaved by suicide	suicidecallbackservice.org.au
Homicide Victims Support Group	Telephone counselling (1800 191 777), meetings and other supports for the families of homicide victims	hvsgnsw.org.au
Head to Health: Mental health hubs	Head to Health hubs are located in Bankstown and Liverpool. Call 1800 595 212 Monday to Friday, 8.30am to 5pm (except public holidays) to talk to a trained professional about the appropriate support for you.	SWSPHN: Head to Health

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs