



Support Organisations

Sometimes having someone to talk to outside of our family or friendship group can be really helpful. It could be a counsellor, another paediatric palliative care parent or a support group. There are many free counselling services and support groups available throughout Australia. These services are available by telephone, internet or face-to-face.

Some services you may wish to connect with include:

Kids HelpLine

Counselling services for children and young people by telephone, internet or email.

Phone: 1800 55 1800
kidshelpline.com.au

Lifeline

Counselling services for issues including grief and loss provided by telephone or face-to-face.

Phone: 13 11 14
lifeline.org.au

MensLine Australia

Support, information and referral for men with family, relationship or other concerns. Counselling via telephone, video, or online.

Phone: 1300 78 99 78
mensline.org.au

Red Nose Grief and Loss (formerly SANDS)

Assist families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy, regardless of the cause.

Phone: 1300 308 307
rednosegriefandloss.com.au

Griefline

This service offers a phone counselling service that is available 8am–8pm AEST 7 days a week. Online counselling service is available 24/7. Complete the online form and they will respond within 72 hours.

Phone: 1300 845 745
griefline.org.au

Red Kite

Whether your loss happened recently or many years ago, Redkite's support team offers free grief counselling to you and all members of your family who have experienced the death of a young person from cancer.

Phone: 1800 592 410
redkite.org.au

The Compassionate Friends Inc

Provide support to families grieving the death of a child of any age, from any cause. Face-to-face or telephone support is available at many locations across the state.

Phone: 1300 064 068
tcfa.org.au

Grief Australia

(formerly Australian Centre for Grief and Bereavement)

This service has staff who can provide phone support and link people to the most appropriate local support agencies.

Phone: 1800 642 066
grief.org.au

Very Special Kids (Melbourne)

Supporting families and children with life limiting and terminal diagnoses.

Phone: (03) 9804 6253
VSK.org.au

Aboriginal and Torres Strait Islander Counselling Service – No shame in yarnin up

Phone: 0410 539 905

Well Mob Healing Our Way

Social, emotional and cultural support for Aboriginal and Torres Strait Islander peoples.

wellmob.org.au