

Support Services & Financial Matters



WILLIAM BARRETT & SONS
FUNERAL DIRECTORS EST 1897

Bunbury | 9 Spencer St | Tel: 9722 5311 | Fax: 9791 2173
Busselton | 105 Bussell Hwy | Tel: 9752 1484 | Fax: 9754 1800
Collie | 8 Mungalup Rd | Tel: 9734 5533 | Fax: 9791 2173
Harvey | 59 Uduc Rd | Tel: 9729 1115 | Fax: 9791 2173

Support Services

SOUTH WEST REGION

SOUTH WEST GRIEF AND LOSS CENTRE

Based in North Boyanup. South West Grief and Loss Centre offers support, education, counselling, retreats, workshops, doula and drop-in centre.

Address: 31 Ryelands Rd, North Boyanup
Telephone: 9731 5551
Email: connect@southwestgriefandlosscentre.com.au

GP DOWN SOUTH

Provide short-term support for eligible people living with mild to moderate mental health issues, including grief and loss counselling. Eligibility information can be found on their website.

Telephone: (08) 9754 3662
Email: swprograms@gpdownsouth.com.au
Website: gpdownsouth.com.au

4FAMILIES | RELATIONSHIPS WA

Free service offering counselling and emotional support, information and referrals, home-based family support, workshops, seminars, groups and grandparent/carer support. Available for people living in Bunbury (inc. Collie, Harvey and Waroona) Busselton, Margaret River, and Manjimup catchment areas.

Address: 20 Molloy Street, Bunbury
Telephone: (08) 6164 0600

WEST AUSTRALIAN YOUNG WIDOWED SUPPORT GROUP

A private Facebook support group for anyone who identifies with being a young widow or widower who is living in West Australia and has experienced the death of a partner. Established in the South West.

Private Facebook Group link: [facebook.com/groups/westaustrianyoungwidowed](https://www.facebook.com/groups/westaustrianyoungwidowed)

CENTRECARE (BUNBURY & SOUTH WEST)

Counselling and emotional support to anyone who has experienced a loss. Outreach services in rural and remote locations.

Telephone: (08) 9721 5177
Website: centrecare.com.au

SOUTH WEST EMERGENCY CARE FOR CHILDREN (SWECC) | MACKILLOP FAMILY SERVICES

Provides a crisis care service for parents or guardians with no close family or friends in the shires of Bunbury, Busselton, Capel, Dardanup, Harvey, Donnybrook/Balingup and Collie. Services include care of children in the home, cooking meals, bathing and picking up from school; care for children if someone in the family can't cope due to depression, bereavement or other major stress.

Telephone: (08) 6477 1005
Email: swecc@mackillop.org.au

THE GRIEF CENTRE OF WA

Offers a range of support for adults, teenagers, and children who are grieving after the death of a loved one. Based in the metro area, counselling by phone or online is offered to people living in the South West as well as support groups via Zoom.

Telephone: 0404 658 052
Email: admin@griefcentrewa.org.au
Website: griefcentrewa.org.au

BUNBURY

MY COMMUNITY DIRECTORY

A directory of local and regional community and support services.

Website: mycommunitydirectory.com.au

BUNBURY MEN'S SHED

See under *Support Services for Men*.

PAT KELLY COUNSELLING

Specialising in grief and bereavement, pain management and addiction.

B.Arts (Psych), Grad Dip.
(Counselling) Dip. (Theology)

Telephone: 0484 826 624

Email: kellypat4@bigpond.com

BUNBURY WIDOWS AND WIDOWERS SUPPORT

Provides support and assistance to widows and widowers to find companionship and support, and to share in social gatherings with people who have had similar experiences. The group meets each Friday between 1–3pm at Milligan in Bunbury.

Telephone: (08) 9721 1687

Email: hello@milligan.org.au

HEADSPACE BUNBURY

Support and advice for 12 to 25 year olds who are going through a tough time. Call, email or drop in.

Address: 8 Spencer Street, Bunbury

Telephone: (08) 6164 0680

Email: info@headspacebunbury.org.au

Website: headspace.org.au

SOUTH WEST WOMEN'S HEALTH & INFORMATION CENTRE

Short term counselling support for women at low cost.

Telephone (freecall): 1800 673 350
or (08) 9791 3350

Email: admin@swwhic.com.au

SHINING HOPE

Peer group meetings and support for people bereaved by suicide. Includes counselling, practical assistance, therapeutic activities and suicide awareness/prevention training access.

Telephone: 0448 763 302

Email: info@shininghopewa.com.au

BUSSELTON

LAURISSA KNOWLES COUNSELLOR

Specialising in grief, relationships, and changes in life circumstances.

CMC BA (Psych. Theol.), Dip. Ed., PMACA
4838, MCA WA A6237, WACOT.

Telephone: 0438 292 772

Email: laurissa@westnet.com.au

Website: laurissaknowles.com

BUSSELTON MEN'S SHED

See under *Support Services for Men*.

CANSURVIVE

The CANsurvive Support Group in Busselton supports people with cancer and their carers. Supported and endorsed by Cancer Support WA. Group meets second Thursday of the month between 1–3pm.

Telephone: Sue Evans on 0438 554 126

Email: cansurvive2014@gmail.com

SOUTH WEST COUNSELLING, INC.

Not-for-profit charitable organisation which provides counselling services at minimum or low cost. Offices in Busselton, Dunsborough and Margaret River providing counselling services to the South West region.

Telephone: (08) 9754 2052

Email: admin@swcounselling.org.au

Website: swcounselling.org.au

COLLIE

COLLIE FAMILY CENTRE

Based at Collie Community House, provides support for the Collie community, including a dedicated counselling service, support groups, events and activities.

Telephone: (08) 9734 5343

Email: admin@colliefamilycentre.org.au

Website: colliefamilycentre.org.au

COLLIE MEN'S SHED

See under *Support Services for Men*.

NATIONAL/STATE-WIDE AND ONLINE ORGANISATIONS

CORONIAL COUNSELLING SERVICE

A counselling service within the Office of the State Coroner to facilitate communication between the next of kin and all other parties and provide counselling and support to the bereaved, including information about the Coronial process.

Telephone: (08) 9425 2900
Country (freecall): 1800 671 994
After hours: 0419 904 476
Website: coronerscourt.wa.gov.au

ROAD TRAUMA SUPPORT WA

Free counselling and support services for anyone impacted by road trauma.

Telephone: 1300 004 814
Email: admin@rtswa.org.au
Website: rtswa.org.au

NATIONAL INDIGENOUS POSTVENTION SERVICE

Emotional support for families impacted by a suicide or other traumatic event. 24-hour telephone line.

Telephone: 1800 805 801

CANCER COUNCIL

Life After Loss – Telephone Cancer Support Group.

Telephone: Cancer Council 13 11 20

CARERS WA

Bereavement counselling available to pre-existing members within the first six months of the loss of your loved one.

Telephone: 1800 422 737
Website: carerswa.asn.au

THINK MENTAL HEALTH

A mental health campaign that aims to build mental health and wellbeing and reduce mental health issues in Western Australia. The website provides information, resources, tools, and links on what you can do when things aren't going so well and where to get help when it's needed.

Website: thinkmentalhealthwa.com.au

CITIZEN'S ADVICE BUREAU

Provides a free, confidential information and referral service. CAB also provides a low-cost legal advice service and prepare simple legal documents, including wills, probate, Letters of Administration and Enduring Powers of Attorney. Offices in Bunbury and Busselton.

Telephone (Bunbury): (08) 9721 6008
Telephone (Busselton): (08) 9751 1199
Website: cabwa.com.au

THE COMPASSIONATE FRIENDS OF WA

An international non-religious group that gives peer support to bereaved parents, siblings and grandparents who have had a child, sibling or grandchild pass away.

Telephone (national support line): 1300 064 068
Telephone: (08) 6107 6288
Email: info@compassionatefriendswa.org.au
Website: compassionatefriendswa.org.au

LIFELINE

Lifeline WA provides telephone crisis support for individuals experiencing a crisis in their lives. Confidential free service available 24/7. Free grief and loss counselling, in person or via Skype, including support for people bereaved by suicide.

Telephone crisis support: 13 11 14
Lifeline text: 0477 13 11 14
Website: lifeline.org.au

Appointment bookings and enquiries:
Lifeline WA: (08) 9261 4444
Email: reception@lifelinewa.org.au

REDKITE

Support for those who have lost a child to cancer, whether this happened recently or many years ago. One-to-one counselling and phone-based support groups for bereaved parents. Support by email if preferred.

Telephone: 1800 REDKITE (1800 733 548)
Website: redkite.org.au/service/support-with-grief-and-bereavement

RURALLINK

Free mental health telephone support line. After hours and weekends.

Telephone: 1800 552 002

Website: mhc.wa.gov.au/getting-help/helplines/rurallink

SAMARITANS

Emotional support day or night for those who are feeling suicidal and for the families of those who have died by suicide.

Crisis line: 13 52 47

Youthline WA: 1800 198 313

Website: thesamaritans.org.au

SANDS WA (MISCARRIAGE, STILLBIRTH AND NEWBORN DEATH SUPPORT)

Support for families experiencing the loss of a baby through miscarriage, stillbirth or neonatal/newborn death. Includes dedicated fathers support services.

Telephone: 1300 072 637

Website: sands.org.au

RED NOSE GRIEF AND LOSS SUPPORT LINE

Provide support to anyone affected by the sudden and unexpected loss of a child from conception onwards.

24 hour bereavement support line: 1300 308 307

Email: support@rednose.com.au

Website: rednosegriefandloss.org.au

SOLACE WA

A not-for-profit volunteer organisation offering support for those whose partner has died, including online support groups for people living outside of the metropolitan.

Telephone: 0488 991 084

Email: info@solacegriefsupportwa.org.au

Website: solacegriefsupportwa.org.au

SUDDEN

Global charitable organisation which provides advice and resources for people working with or caring for suddenly bereaved people. The website contains resources for professionals, carers and also those who have suffered a sudden bereavement.

Website: suddendeath.org

SUICIDE CALL BACK SERVICE

A free nationwide telephone support service for people at risk of suicide, their carers and those bereaved by suicide.

Telephone: 1300 659 467

Website: suicidecallbackservice.org.au

WA AIDS COUNCIL

Provides professional, confidential counselling for people living and/or affected by HIV, including family, friends, and loved ones. This includes support and counselling for people who have lost someone to HIV.

Telephone: (08) 9482 0000

Email: waac@waaims.com

Website: waaims.com

PERINATAL LOSS SERVICE

A Perinatal Loss Clinic has been established at King Edwards Memorial Hospital (KEMH) to provide information and ongoing support for women and their families following the loss of their baby/babies.

Telephone: 0416 019 020

Website: kemh.health.wa.gov.au

INDIGENOUS SUPPORT SERVICES

NATIONAL INDIGENOUS POSTVENTION SERVICE

Culturally responsive support for individuals, families, and communities affected by suicide or other significant trauma with all calls answered by an Aboriginal or Torres Strait Islander Advocate.

Telephone: 1800 805 801

Website: thirrili.com.au/nips

SOUTH WEST COUNSELLING | KAYA NOONGARS

Counselling/yarning sessions for Noongar people in need of support for grief and loss. Offices throughout the Southwest, video and telephone support also available.

Telephone: (08) 9754 2052

Website: swcounselling.org.au

SOUTH WEST ABORIGINAL MEDICAL SERVICES KAAT DARABINY MENTAL HEALTH TEAM

Grief and loss counselling with qualified health professionals.

Address: Unit 5/55 Forrest Avenue, Bunbury
Telephone: 1800 779 000
Email: info@swams.com.au

GOOMBURRUP ABORIGINAL CORPORATION

Support to the Aboriginal people of the Greater Bunbury region.

Address: 16 Little Street, Bunbury
Telephone: (08) 9721 3004
Email: ernie.hill@goomburrup.org.au

SUPPORT SERVICES FOR CHILDREN AND ADOLESCENTS

YOUTHBYONDBLUE

24-hour mental health support for young people aged between 12–25.

Telephone: 1300 224 636

ACCORDWEST | CHILD AND ADOLESCENT THERAPY

General counselling, including bereavement support for children aged between 3–11 years. Support services also available for parents and carers.

Telephone: 1800 115 799
Email: info@accordwest.com.au

KIDS HELPLINE

Free, confidential telephone and online counselling service specifically for young people aged 5–25yrs.

Telephone: 1800 551 880
Website: kidshelpline.com.au

LIONHEART CAMP FOR KIDS

Supports grieving children (between 5–12yrs) and their families who experience the loss of a loved one through various programs and events throughout the year in the Perth metropolitan area.

Telephone: 0481 199 758
Website: lionheartcampforkids.com.au

AUSTRALIAN CHILD AND ADOLESCENT TRAUMA, LOSS AND GRIEF NETWORK

Australian National University website containing resources and information relating to children and adolescents who are coping with trauma, loss or grief. Includes a link to the Trauma and Grief Network for parents and carers, and information for parents and carers of Indigenous children.

Websites: earlytraumagrief.anu.edu.au
or tgn.anu.edu.au

HEADSPACE/EHEADSPACE

Support and advice for 12 to 25 year olds who are going through a tough time. Centres throughout Australia. Talk in person, on the phone, or online.

Telephone: 1800 650 890
Websites: headspace.org.au or ehespace.org.au

SUPPORT SERVICES FOR MEN

SANDS WA (MISCARRIAGE, STILLBIRTH & NEWBORN DEATH SUPPORT)

Male Parent Support Line. Run by dads, for dads experiencing the loss of a baby through miscarriage, stillbirth or neonatal death. Appointments for Sands' Male Parent Support Line can be made via email.

Telephone: 1300 072 637
Email: peersupport@rednose.org.au
Website: sands.org.au

WESTERN AUSTRALIA'S MEN'S SHED ASSOCIATION

A community-based not-for-profit association that aims to advance the well-being of men through sharing skills and social support. Shed in Bunbury, Busselton, Collie and various other locations across the South West – check the website for locations of sheds throughout Western Australia.

Website: mensshedswa.org.au

MENSLINE AUSTRALIA

Telephone and online free counselling service offering 24-hour support, information and referral service for Australian men.

Telephone: 1300 78 99

Website: [mensline.org.au](https://www.mensline.org.au)

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) SUPPORT

MENTAL HEALTH IN MULTICULTURAL AUSTRALIA (MHIMA)

Information for people from culturally and linguistically diverse backgrounds on issues relating to mental health and suicide prevention. Includes translations of resources in numerous languages.

Website: [mhima.org.au](https://www.mhima.org.au)

METROPOLITAN MIGRANT RESOURCE CENTRE

Provide services including culturally sensitive grief and loss counselling to people from culturally and linguistically diverse backgrounds.

Telephone: (08) 9345 5755

Website: [mmrcwa.org.au](https://www.mmrcwa.org.au)

TRANSLATING & INTERPRETING SERVICE (TIS NATIONAL)

Provides national telephone translation and interpreting services in over 160 languages.

Telephone: 131 450

GOVERNMENT WEBSITES

AUSTRALIAN SECURITIES AND INVESTMENTS COMMISSION (ASIC) | MONEYSMART

Information, tools and resources on financial matters relating to bereavement.

Telephone: 1300 300 630

Website: [moneysmart.gov.au/life-events-and-you/life-events/losing-your-partner](https://www.moneySMART.gov.au/life-events-and-you/life-events/losing-your-partner)

DEPARTMENT OF HUMAN SERVICES

Advice on what to do following a death.

Website: [servicesaustralia.gov.au/individuals/subjects/death-and-bereavement](https://www.servicesaustralia.gov.au/individuals/subjects/death-and-bereavement)

DEPARTMENT OF THE ATTORNEY GENERAL – LAW COMPASS

Government website which guides people through their rights and responsibilities under WA law. Includes advice on what to do following a death.

Website: [dotag.wa.gov.au](https://www.dotag.wa.gov.au)

DEPARTMENT OF VETERAN'S AFFAIRS

Website for members of the veteran and service community containing information on support services and coping with and preparing for bereavement.

Website: [dva.gov.au](https://www.dva.gov.au)

HEALTH DIRECT AUSTRALIA

Government health website containing information and resources about anticipatory grief (grief before death) for carers of people with a life-limiting condition.

Website: [healthdirect.gov.au/understanding-anticipatory-grief](https://www.healthdirect.gov.au/understanding-anticipatory-grief)



Financial Matters

After the death of a partner, you may need to find out more about your financial situation, and deal with practical matters such as managing a household budget, paying bills, and dealing with investments and superannuation. You may be eligible for extra government payments, or find that your current payments change.

Taking care of your finances is an important part of taking care of yourself. There are practical steps that you can take to keep on top of your finances and help you plan for the future.

- Contact Centrelink to check that you are receiving all the payments you are entitled to.
- Continue to open mail – don't let bills pile up.
- Set aside a time each week to deal with bills and financial matters.
- If you are having difficulties paying a bill, contact the creditor and explain the circumstances. Companies can arrange payment plans to assist you.
- Make small payments on bills, even if you cannot afford the whole amount.
- Keep communicating with creditors – they will be more able to assist you if they understand your situation.
- Check insurance documents and contracts to see if you are eligible for any payments.
- Go through bank statements to see if there are any regular payments coming out.
- Cancel Direct Debits/donations if necessary.

There are several organisations that can help you with free advice and information.

The Financial Information Service (FIS) at Centrelink can help you understand your financial affairs and options so that you can make informed financial decisions. You can make a personal appointment to speak to a FIS officer or phone the Financial Information Service on 132 300.

Centrelink customers can use the free Centrepay bill paying service to make regular, manageable payments instead of paying large bills every quarter.

Anglicare WA offers a free, confidential financial counselling service at offices throughout the south west of WA. Anglicare WA Financial Counsellors can provide support, advice and information on financial issues, and negotiate with creditors.

The Australian Securities & Investments Commission (ASIC) Moneysmart website (moneysmart.gov.au) provides tips, information and tools to help you manage your money.



WILLIAM BARRETT & SONS
FUNERAL DIRECTORS EST 1897

Bunbury | 9 Spencer St | Tel: 9722 5311 | Fax: 9791 2173
Busselton | 105 Bussell Hwy | Tel: 9752 1484 | Fax: 9754 1800
Collie | 8 Mungalup Rd | Tel: 9734 5533 | Fax: 9791 2173
Harvey | 59 Uduc Rd | Tel: 9729 1115 | Fax: 9791 2173

Email: info@barrettfunerals.com.au | Facebook: facebook.com/barrettfunerals | Website: barrettfunerals.com.au