

services



**WILLIAM BARRETT
& SONS**

FUNERAL DIRECTORS EST 1897

support services

Bunbury

ANGLICARE WA

Provides free, confidential advice on financial matters, including immediate problems and financial planning.

Telephone: (08) 9792 1900 | Website: www.anglicarewa.org.au

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. Fridays 1– 3pm at Milligan House, Bunbury.

Telephone: (08) 9721 8944 | email: admin@milligan.org.au

CENTRECARE (BUNBURY AND 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: www.centrecare.com.au

CITIZENS ADVICE BUREAU

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

Telephone: 9721 6008 | Email: bunbury@cabwacom.au

Website: www.cabwa.com.au

DOT'S PLACE: SOUTH WEST SUPPORT CENTRE

Cancer Council WA support centre for people affected by cancer. Provides a range of services, information and resources, in a calm and welcoming environment.

Telephone: (08) 9721 9555 | Email: jmassingham@cancerwa.asn.au

62 Forrest Avenue, Bunbury. Monday to Friday 9.00am till 4.30pm

HEADSPACE

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

Telephone: (08) 9729 6800 | Email: info@headspacebunbury.org.au

Website: www.headspace.org.au | 1/82 Blair Street, Bunbury.

SOLARISCARE SOUTH WEST

Support and information for cancer patients and their carers.

Telephone: (08) 9791 1559 | Website: www.solariscare.org.au
72 Brittain Rd, Bunbury WA 6230

Busselton

ANGLICARE WA

Provides free, confidential advice on financial matters, including immediate problems and financial planning.

Telephone: (08) 9754 1858 | Website: www.anglicarewa.org.au

BUSSELTON MEN'S SHED

A community-based not-for-profit association which aims to advance the well-being of men through sharing skills and social support.

Website: www.wamsa.org.au

CANSURVIVE

The CANSurvive Support Group in Busselton supports people with cancer and their carers. Supported and endorsed by Cancer Support WA. Group meets 2nd Thursday of the month, 1pm – 3pm.

Contact: Sue Evans on 0438 554 126.

CITIZENS ADVICE BUREAU

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

Telephone: (08) 9751 1199 | Website: www.cabwa.com.au

CITY OF BUSSELTON – NEED A HAND DIRECTORY

A directory of local and regional community and support services.

Website: www.busselton.wa.gov.au

SOUTH WEST COMPASSIONATE FRIENDS FOR BEREAVED PARENTS

Emotional support for bereaved parents.

Enquiries: Nola (08) 9751 1624

SOUTH WEST COUNSELLING INC.

Not-for-profit charitable organisation which provides counselling services at minimum or low cost. Offices in Busselton, Bridgetown, Collie, Donnybrook, Harvey, Manjimup, Margaret River.

Telephone: (08) 9754 2052 | Website: www.swcounselling.org.au

Collie

ANGLICARE WA

Provides free, confidential advice on financial matters, including immediate problems and financial planning.

Telephone: (08) 9734 6500 | Website: www.anglicarewa.org.au

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 | Website: www.colliefamilycentre.org.au

COLLIE HERITAGE AND MEN'S SHED INC.

A community-based not-for-profit association which aims to advance the well-being of men through sharing skills and social support.

Website: www.wamsa.org.au

SOUTH WEST COUNSELLING INC.

Not-for-profit charitable organisation which provides counselling services at minimum or low cost. South West Counselling also provides counselling outreach services to Collie, Harvey, Donnybrook, Manjimup and other areas throughout the South West.

Telephone: (08) 9754 2052 | Website: www.swcounselling.org.au

National and online organisations

ACT-BELONG-COMMIT

A mental health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing. The website provides information, resources and links to clubs and activities.

Website: www.actbelongcommit.org.au

ADVOCARE

Community-based organisation which supports and protects the rights of older people and people with disabilities. Help with aged care concerns and elder mistreatment. An Aboriginal Advocate is available to assist older Aboriginal people or their carers.

Telephone: 1800 655 566 (free) | Website: www.advocare.org.au

ARBOR (ACTIVE RESPONSE BEREAVEMENT OUTREACH)

An outreach service for people bereaved by suicide, available Monday to Friday, 9am – 4.30 pm. Telephone counselling available in regional/remote areas of WA. Support groups.

Telephone: (08) 9263 2150

BEYOND BLUE

An independent not-for-profit organisation addressing issues associated with depression and anxiety.

Telephone: 1300 224 636 | Website: www.beyondblue.org.au

CANCER SUPPORT WA

Support for people with cancer and their families. Support services, programs, information and resources.

Website: www.cancersupportwa.org.au

CARERS WA

Support, information and advice for carers, including counselling after a bereavement.

Telephone: 1300 227 377 | Website: www.carerswa.asn.au

THE COMPASSIONATE FRIENDS OF WA

Bereavement support, information for family and friends on the death of sons, daughters, sisters, brothers and grandchildren.

Telephone: (08) 9486 8711 | Website: www.compassionatefriendswa.org.au

CORONIAL COUNSELLING SERVICE

A support and information service for anyone who loses a loved one to any type of sudden or reportable death. Counsellors can also provide information about the Coronial process.

Telephone: (08) 9425 2900 | Country freecall: 1800 671 994

Website: www.coronerscourt.wa.gov.au

DEPRESSIONET

Information, resources and support for people living with depression, including their friends and families.

Website: depressionet.org.au

LIFELINE

Lifeline WA provides Telephone Crisis Support for individuals experiencing a crisis in their lives. Confidential free service available 24/7. Support counselling for those experiencing bereavement through suicide.

Telephone Crisis Support: 13 11 14 | Website: www.lifeline.org.au

Suicide Bereavement Support Counselling: (08) 9261 4451

LIVING IS FOR EVERYONE (LIFE)

Information, resources and support for those at risk of suicide, or those who have been bereaved by suicide. Part of the National Suicide Prevention Strategy.

Website: www.livingisforeveryone.com.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: www.redkite.org.au

ROAD TRAUMA SUPPORT WA

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

Telephone: 1300 004 814 | Website: www.rtswa.org.au

RURALLINK

Free mental health telephone support line.

Telephone: 1800 552 002 | Website: www.health.wa.gov.au/mentalhealth

SAMARITANS CRISIS LINE

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

Crisis Line: 13 52 47 | Country Crisis Line (toll free): 1800 198 313

Website: www.samaritanscrisisline.org.au

SANDS WA (Stillbirth and Neonatal Death Support)

Support for families experiencing the loss of a baby through miscarriage, stillbirth or neonatal death. Includes dedicated Male Parent Support Line.

Telephone: 1300 0 72637 | Website: www.sands.org.au

SIDS AND KIDS WA

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 | Telephone: (08) 9474 3544

Website: www.sidsandkidswa.org

SOLACE ASSOCIATION

A not-for-profit volunteer organisation offering support for those whose partner has died. Support is also offered to children.

Telephone: (08) 9359 3892 (9.00am to 9.00pm) | Website: www.solace.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: www.suddendeadth.org

SUICIDE CALL BACK SERVICE

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

Telephone: 1300 659 467

THE WA AIDS COUNCIL

Provides professional, confidential counselling for people living with HIV and their families and carers.

Telephone: (08) 9482 0000 | Email: waac@waaid.com

Website: www.waaid.com

24 HOUR BEREAVEMENT AND LOSS HELPLINE

Available to anyone affected by the loss of a child during pregnancy or after birth.

Telephone: 1800 686 780

Support services for children and adolescents

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.

Website: www.earlytraumagrief.anu.edu.au | www.tgn.anu.edu.au

GOOD GRIEF / SEASONS FOR GROWTH

Australia-wide program provided through schools, community-based organisations and welfare agencies for children, young people and adults who have experienced significant loss.

Telephone: (02) 8912 2700 | Website: www.goodgrief.org.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 at www.eheadspace.org.au

Telephone: 1800 650 890 | Website: www.headspace.org.au

KIDS HELPLINE

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

Telephone: 1800 551 880 | Website: www.kidshelp.com.au

SILVER CHAIN GRIEF SUPPORT SERVICES – BLUE SKIES

Offers free programs for children who are bereaved.

Telephone: 1300 650 803 | Website: www.silverchain.org.au

24/7 YOUTHLINE WA

Telephone: 1800 198 313

Support services for men

MENSLINE AUSTRALIA

Telephone and online counselling service for Australian men. Down-to-earth, practical approach. Information and referral services.

Telephone: 1300 78 99 | Website: www.menslineaus.org.au

SANDS WA (Stillbirth and Neonatal 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 on their website.

Telephone: 1300 072 637 | Website: www.sands.org.au

WESTERN AUSTRALIAN MEN'S SHED ASSOCIATION

A community-based not-for-profit association which aims to advance the well-being of men through sharing skills and social support. Check the website for locations of sheds throughout Western Australia.

Website: www.wamsa.org.au

Government websites

AUSTRALIAN SECURITIES AND INVESTMENTS COMMISSION (ASIC)

MONEYSMART

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

Telephone: 1300 300 630

Website: 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: www.humanservices.gov.au

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: www.dotag.wa.gov.au

DEPARTMENT OF VETERANS' AFFAIRS

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

Website: 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: www.healthdirect.gov.au/understanding-anticipatory-grief

Indigenous support services

ARBOR – YARNING SUPPORT GROUP

An outreach service for people bereaved by suicide, available Monday to Friday, 9am – 4.30 pm. Telephone counselling available in regional/remote areas of WA. Yarning support group.

Telephone: (08) 9263 2150

SOUTH WEST ABORIGINAL MEDICAL SERVICE (SWAMS)

SWAMS Social and Emotional Wellbeing Team provide counselling and support at the Bunbury Clinic. Thursday afternoons by appointment.

Telephone: (08) 9726 6000

SOUTH WEST COUNSELLING INC. – KAYA NOONGARS

Counselling / yarning sessions for Noongar people who are in crisis. Offices throughout south west WA.

Telephone: (08) 9754 2052 | Website: www.swcounselling.org.au

YORGUM ABORIGINAL CORPORATION

Aboriginal counselling staff provide a range of counselling and support services, including grief and loss.

Telephone: (08) 9218 9477 | Website: www.yorgum.org.au

Culturally and linguistically diverse (cald) support

MENTAL HEALTH IN MULTI-CULTURAL AUSTRALIA

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: 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: www.mmrcwa.org.au

TRANSLATOR & TRANSLATING AND INTERPRETING SERVICE (TIS NATIONAL).

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

Telephone: 131 450

TRANSCULTURAL MENTAL HEALTH CENTRE

Information and services relating to mental health issues. Includes multi-lingual resources.

Website: www.dhi.health.nsw.gov.au/tmhc/default.aspx



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.

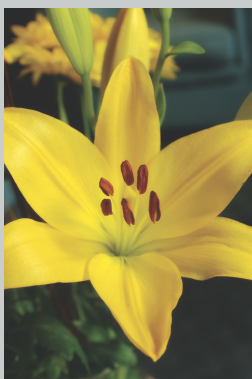
The Financial Information Service (FIS) at Centrelink can help you understand your financial affairs and options, so that you can make informed financial decisions. You can make a personal appointment to speak to a FIS officer or phone the Financial Information Service on 132 300.

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 provides tips, information and tools to help you manage your money.

www.moneysmart.gov.au



Head Office

9 Spencer Street, Bunbury, Western Australia 6230

Tel: (08) 9722 5311, Fax: (08) 9791 2173

Email: info@barrettfunerals.com.au

Web: barrettfunerals.com.au

Bantry Chapel

105 Bussell Highway, Busselton 6280

Tel: (08) 9752 1484 Fax: (08) 9754 1800

Harvey Chapel

59 Uduc Road, Harvey 6220

Tel: (08) 9729 1115

Collie Chapel

18 Harvey Street, Collie 6225

Tel: (08) 9734 5533

Exclusively Yours

17 Spencer Street Bunbury 6230

Tel: (08) 9721 4311

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