



Mental Illness and Bereavement

Australia-wide information and referrals

Australian Centre for Grief and Bereavement (ACGB)

The ACGB can refer people to bereavement services in their area. The ACGB also offers quality education and training opportunities for health professionals, students, volunteers and any individual or agency desiring to enhance grief and bereavement knowledge and practice.

1800 642 066
www.grief.org.au

Hope for Life-Suicide Prevention & Bereavement Services

National suicide and bereavement telephone support, referral and information service. Operates 24 hours, seven days a week.

1300 363 622
www.suicideprevention.salvos.org.au

SANE Australia Helpline

National Freecall and online service providing information and advice on mental illness and related issues.

1800 18 SANE (7263)
www.sane.org

Suicide Call-Back Service

National suicide call-back service can provide six 50-minute telephone counselling sessions for people who are suicidal, their carers, or those bereaved by suicide. Operates 24 hours, seven days a week.

1300 659 467
www.suicidecallbackservice.org.au

Lifeline Australia

National 24 hour counselling service. Lifeline also operates a suicide helpline and callers can be referred through to this specialist telephone line.

13 11 14
www.lifeline.org.au

National Missing Persons Coordination Centre

The National Missing Persons Coordination Centre operates Monday to Friday, 9.00 am to 5.00 pm, providing information, advice and support about missing persons and how to organise the search for someone who is missing.

1800 000 634
www.missingpersons.gov.au

MHCAA (in your State or Territory)

Mental Health Carers Arafmi Australia – offers a wide range of services, respite and support for people with relatives with mental illness.

www.arafmiaustralia.asn.au

Living is For Everyone (LIFE)

The Australian National Suicide Prevention Strategy Living Is For Everyone (LIFE) website is dedicated to providing the best available evidence and resources to guide activities aimed at reducing the rate of suicide in Australia. The LIFE website is designed for people across the community who are involved in suicide and self-harm prevention activities.

www.livingisforeveryone.com.au

Compassionate Friends (in your State or Territory)

The Compassionate Friends offers friendship and understanding to families following the death of a son or daughter, brother or sister at any age and from any cause. Follow the links in the Victorian Compassionate Friends website for links to your state.

www.compassionatefriendsvictoria.org.au

Australian Indigenous Health Info Net

Is a 'one-stop info-shop' for people interested in improving the health and wellbeing of Indigenous Australians. It makes published, unpublished and specially-developed material about Aboriginal and Torres Strait Islander health freely accessible.

www.healthinfonet.ecu.edu.au

Mental Health in Multicultural Australia (MHIMA)

MHIMA is a national program funded by the Australian Government to provide a national focus for advice and support on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. They have links on their website to state-based multicultural mental health services.

www.mmha.org.au

Translating and Interpreting Service

The TIS National interpreting is service for people who do not speak English and for the English speakers who need to communicate with them.

131 450
www.tisnational.gov.au

Support After Suicide

Support After Suicide offer resources and provides an online community for people who are bereaved by suicide.

www.supportaftersuicide.org.au

Suicide Prevention Australia

National peak body for the suicide prevention sector in Australia. Supports communities and organisations throughout Australia, and promotes collaboration and partnerships in suicide and selfharm prevention, intervention and postvention.

02 9223 3333, www.suicidepreventionaust.org



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Further training

SANE Australia

offers half-day workshops covering mental illness, bereavement and suicide for trainers and senior staff from mental health, bereavement and helpline services.

Contact: sarah.coker@sane.org or telephone 03 9682 5933

The Australian Centre for Grief and Bereavement

offers quality education and training opportunities for health professionals, students, volunteers and any individual or agency desiring to enhance grief and bereavement knowledge and practice. Education and training programs are offered as seminars, workshops, short and long courses, and include a range of practical information about supporting people who are bereaved.

McCulloch House

Monash Medical Centre

246 Clayton Road

Clayton VIC 3168

Telephone 1800 642 066

ASIST Training (Applied Suicide Intervention Skills Training)

is a two-day interactive workshop in suicide first aid. The program aims to enhance a caregiver's ability to help a person at risk to avoid suicide. This program is available at a range of training centres around Australia.

www.livingworks.com.au

Mental Health First Aid

is a 12-hour course designed to assist members of the public to support people with mental health issues. It aims to improve mental health literacy by increasing knowledge, reducing stigma and increasing supportive actions.

www.mhfa.com.au

Wesley LifeForce Suicide Prevention Training

Wesley LifeForce programs are aimed at training community members from all walks of life to know how to manage a suicidal crisis, appropriately and confidently. These are informed by the latest research in suicide prevention. We provide Australian quality suicide prevention training in the form of four hour seminars and one day workshops.

www.wesleymission.org.au/Centres/lifeforce/?ct—from=c

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