

Digital Mental Health for Grief and Loss

WHAT IS GRIEF?

The loss of a loved one, pregnancy, child, relationship, friend, pet, or even job can come with a host of different powerful emotions – shock, sadness, anger, or even feelings of guilt or hopeless. This is known as grief.

Your experience of grief is likely to be more intense if your loss was unexpected or violent, if you have lost someone close to you or whom you relied upon for support, or if you were not coping well prior to your loss.

There is no “right” way to grieve a loss – it simply takes time to process what has happened and to heal. However, looking after your mental health at this time is particularly important. If you find that your grief is impacting on your daily life or is getting worse over time, seek the support of a mental health professional.

Digital mental health services offer convenient and cost-effective information, support and coping tools for anyone grieving or who is worried about someone else. Digital mental health services can be used alone or in combination with face-to-face professional support.

WHAT ARE THE SYMPTOMS OF GRIEF?

Physical

- Lack of appetite
- Impaired immune system
- Difficulty sleeping
- Fatigue
- Aches and pains
- Forgetfulness or inability to focus

Psychological

- Sadness
- Anger
- Shock, denial, numbness
- Loneliness
- Guilt
- Anxiety - for example thinking about your own mortality, or worrying about further loss
- Relief, particularly after a long illness
- Irritability

Behavioural

- Withdrawing from others
- Inactivity or overactivity
- Overeating, using substances to cope

CRISIS SERVICES



Suicide Call Back Service

Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.
<https://www.suicidecallbackservice.org.au/>
1300 659 467



Beyond Blue

Telephone, online and email counselling for people going through a tough time. Safe, supportive moderation online peer support forums and information site.
<http://www.beyondblue.org.au/getsupport/get-immediate-support>
1800 224 636



Lifeline

Phone and real time online crisis support.
<https://www.lifeline.org.au/crisis-chat/>
13 11 14



Kids Helpline

Phone, email and real time web-based crisis support and information.
<https://kidshelpline.com.au/>
1800 55 1800

Digital Mental Health for Grief and Loss

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.
headtohealth.gov.au

Information Websites



Australian Centre for Grief and Bereavement

Education and training for professionals and consumers on grief and loss.
www.grief.org.au



Grief Link

Information on coping with death-related grief.
www.grieflink.asn.au/



Trauma and Grief Network

A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.
<http://tgn.anu.edu.au/>



National Association of Loss and Grief

Online information, resources, and mini digital scrapbook tool to support those bereaved.
www.nalag.org.au



Australian Child and Adolescent Trauma, Loss and Grief Network

Information on how children of different ages grieve and tips on how to support them.
https://earlytraumagrief.anu.edu.au/files/ACAT_LGN_grief_and_loss.pdf



Support After Suicide

Information to support those bereaved by suicide. Includes information for how to support young people and kids.
<https://www.supportaftersuicide.org.au/>



Standby Support After Suicide

Downloadable books and resource kits for children, teens and workplaces in managing grief after suicide. Resources in multiple languages.
<https://standbysupport.com.au/>



ReachOut

Information topics, personal stories of loss, and safe online forums for young people and their parents.
<https://au.reachout.com/>



CanTeen Connect

An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community.
<http://www.canteenconnect.org/>

Self-guided or Therapist Assisted Programs



E-Couch

A self-help interactive program with modules for relationship breakdown, and loss and grief.
<http://www.ecouch.anu.edu.au/welcome>

Telephone and Online Counselling



Redkite

Online or phone counselling and practical support for families dealing with a child with cancer.
<https://www.redkite.org.au/>
1800 733 548



Griefline

Phone and online counselling services, and moderated forums for individuals and families who are experiencing loss and grief.
<https://griefline.org.au/>
1300 845 307



Sands

Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.
<http://www.sands.org.au/>
1300 072 637



Guiding Light 'Bereavement support line'

24 hour support line for individuals and families grieving the death of a child.
<https://rednosegriefandloss.com.au/support>
1300 308 307



Parents Beyond Breakup

Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation.
<http://www.parentsbeyondbreakup.com/>
1300 853 437



Compassionate Friends Victoria

Online chat for bereaved adult siblings.
<https://www.compassionatefriendsvictoria.org.au/>

Apps



My Grief

Resources to support bereaved people and practical strategies on how to best assist someone else who is grieving.
www.grief.org.au



Niggle

An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help their 'niggles' and improve their social and emotional health.
<http://www.kidshelpline.com.au/niggle>



Breakup Shakeup

A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup.
<https://apps.apple.com/au/app/breakup-shakeup/id1017200579>