

E-Mental Health Programs: Grief and Loss

Grief and Loss	Details	Cost	Age criteria
Grief Line	http://griefline.org.au/beta/pages/13 Grief Line is a dedicated helpline that provides counselling support to individuals and families. Support is available by telephone (1300 845 745) as well as online (7days, 24hrs)	Free	Ages 15yrs+
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/ The Suicide Call Back Service provides counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. The service is available 7 days, 24 hours by telephone (1300 659 467) or online. There is also a number of resources available.	Free	Ages 15yrs+
MISS Foundation	http://www.missfoundation.org/support/programs/forums The MISS Foundation hosts a number of online support groups and discussion forums that cover a diverse range of grief and loss topics. The content is moderated daily.	Free	Ages 15yrs+
Healthful Chat	http://www.healthfulchat.org/bereavement-chat-room.html Healthful Chat offers Bereavement and Grief discussion forums and online support groups. This support is available 24hrs and is moderated.	Free	Ages 15yrs+