



## BEREAVEMENT COUNSELLING SERVICE

### Free Service

140 Burton Street  
Darlinghurst NSW 2010  
Telephone: (02) 8382 9594

#### FRONT COVER ART

Lani Balzan of the Wiradjuri mob

**The centre dots represents** the hospital and the dots moving away are the healing and health. The individual dots around the outside represent different people and health professionals from all walks of life, working together to form a united front for Indigenous health. The dotted circles symbolise people gathering, whereas the dots around the painting represent networks of people.

The five outer groups of dots represent the five Nuns that started the hospital in 1857 and from then the dots move towards the hospital symbolising its growth.

# Bereavement Counselling Service



ST VINCENT'S  
HOSPITAL  
SYDNEY



**Bereavement counselling** is a confidential discussion with a specially trained professional who can support you to explore the impact of your loss and identify strategies for coping as well as possible.

**Bereavement counselling can assist you to:**

- identify, understand and express your feelings
- access your own resources and ways of coping
- access information about the grieving process and what you may expect
- have an opportunity to talk about the deceased person
- understand your grief and its impact
- adjust to a new life in the absence of the deceased person
- discuss concerns with a sensitive, non-judgemental professional

St Vincent's Hospital Sydney Bereavement Counselling Service is a free service providing counselling, support and education.

## **What is Grief?**

Grief describes all the emotions we feel after a significant loss.

In many cases the emotions we feel may be unfamiliar or overwhelming. We may feel isolated and that no-one could possibly understand what we are experiencing. It can seem at times as though we are on an emotional roller coaster. This is all normal.

## **What are the experiences of Grief?**

The experiences of grief are many and varied. They can occur for several months or even years after the death of someone we love. They may include shock, numbness, relief, confusion, sadness, anger, guilt, sleeplessness and loss of appetite.

If you would like to discuss anything further, please feel free to contact the **Bereavement Counselling Service on (02) 8382 9594**