

Counselling, emotional support and bereavement supports

If you feel isolated, worried or anxious due to the impact of COVID-19, free professional counselling is available. Several support services are available for aged care residents, their family and their carers to help you get through this difficult time.

GriefLine

 **1300 845 745**
6am-2am, 7 days

 griefline.org.au

 **GRIEFLINE**

GriefLine provides free counselling services and support to anyone experiencing grief loss and or trauma Australia-wide, including remote, regional and rural communities, and all metropolitan regions. You can talk to a trained, experienced volunteer and receive free, confidential telehealth (video counselling), SMS counselling and phone counselling and support 7 days a week. Counselling support also provides early intervention and prevention of mental health difficulties that may increase a person's experience of grief, loss and trauma.

Wellbeing Clinic for Older Adults

 **(03) 9214 8653**
Mon-Thur 9am-9pm AEST
Fri 9am-5pm AEST
Sat 9am-1pm AEST

 wellbeingclinic_agedcare@swin.edu.au

 [swinburne.edu.au/health-arts-design/
schools-departments/health-sciences/
psychological-sciences/wellbeing-clinic](http://swinburne.edu.au/health-arts-design/schools-departments/health-sciences/psychological-sciences/wellbeing-clinic)

In response to the COVID-19 crisis, the Swinburne Wellbeing Clinic for Older Adults is offering a free national telehealth counselling and support service to provide emotional support to older adults living in residential aged care facilities. You can also access it if you are a family member, friend or staff and would like support in caring for a resident.

Counsellors are provisionally registered psychologists, social work interns, and counselling postgraduates, who are supervised by experienced practitioners. They are ready to support you through the next few months by phone or video calls.



Beyond Blue

 **1800 512 348**
24 hours, 7 days

 beyondblue.org.au



If you're feeling worried or struggling to cope, the trained counsellors at Beyond Blue are available for support 24/7.

In NSW, your provider is Seniors Rights Service. Seniors Rights Service is a member of OPAN, the Older Persons Advocacy Network, which is a national aged care advocacy organisation. Seniors Rights Service provides free, confidential, independent aged care advocacy and information to older people, their families and representatives.

We are here to support you!

 **Freecall 1800 700 600**
8am-8pm Mon to Fri, 10am-4pm Sat

 **info@seniorsrightsservice.org.au**
Please include your call-back number in the text