It’s okay to talk about grief

What is grief?
When someone you care about dies, you might feel:
• sad
• angry
• upset
• lonely
• confused
That’s called grief.

What can you do?
You can talk to someone you trust:
• family
• friend
• counsellor
• support worker
• doctor

Where else can you get help?
• GriefLine: 1300 845 745
• LifeLine: 13 11 14
• Beyond Blue: 1300 22 4636