

If you need an interpreter

Telephone the Translating and Interpreting Service on 13 14 50 and ask to be connected to (02) 6021 7099.



If you have other communication needs

If you are deaf, have a hearing impairment, or complex communication needs telephone the National Relay Service on 13 36 77, or the Speech to Speech Relay Service on 1300 555 727 and ask to be connected to (02) 6021 7099.

OFFICE HOURS

Open Monday - Friday from 9am - 5pm or call for an appointment

Closed Public Holidays



St David's Care
593 Olive Street, Albury NSW 2640
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stdavids@unitingcaregne.org.au
www.unitingcaregne.org.au



Free and Confidential

St David's Care Grief and Loss Counselling



**Talk to us
We listen**

Specialist Counselling



What is Grief and Loss?

Grief is a natural response to loss with no right or wrong way of coping.

After significant loss, strong emotions such as shock, anger, guilt and overwhelming sadness are often experienced

Our Counselling Service

St David's Care is a free and confidential counselling service.

Grief and Loss Counselling aims to help people find meaning in their experience and restore purpose and hope in their life.

Counselling can help support you or someone close to you during a time of loss through:

- confidential discussions and reflections
- education and support
- referrals to other services

How will I know when to seek help?

When you

- do not have people who can listen to you and care for you
- find yourself unable to manage the tasks of your daily life, such as going to work or caring for your children
- feel for whatever reason, you need help to get through this experience
- remain preoccupied and acutely distressed by your grief over a period of time
- experience serious relationship breakdowns
- persistently over use alcohol or other drugs
- experience panic attacks or other serious anxiety or depression.
- have persistent thoughts of harm to yourself or anyone else.