
Useful wider community resources for Loss and Grief

1. *Centrelink*
2. *Grief Support Telephone Line (NALAG)* – 02 9489 6644
 - Phone to make an appointment for a support phone call
 - Qualified staff phone you back for an hour session
 - 6-12 sessions available
 - Free of charge
3. www.mygriefassist.com.au
4. *LifeLine* – 13 11 14
5. *Beyond Blue* – 1300 22 4636 www.beyondblue.org.au
6. *The Australian Centre for Grief and Bereavement* – www.grief.org.au
7. www.allaboutgrief.com

A few Scriptures around Loss and Grief + Comfort

- Jesus was a “man of sorrows and acquainted with grief” – Is 53:3
- God has sent Jesus “to bind up the broken hearted . . . to comfort all who mourn . . . to provide for those who grieve . . . to give them the oil of gladness instead of mourning and a garment of praise instead of despair . . . and everlasting joy shall be theirs.” (Is 61)
- “He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away” (Rev 21:4)
- Psalm 6 – David’s raw expression of his pain
- 2 Corinthians 1: 3-10 *The God of all comfort . . .*
- Ps 34:18 *The LORD is close to the broken-hearted and binds up their wounds*
- Ps 73:26 *My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*
- John 14:1 *Do not let your hearts be troubled. You believe in God; also believe in me.*
- Is 53:4 Surely he has taken up our pain and borne our suffering
- Josh 1:9 *Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.*
- Rom 8:28 *We know that all things work together for the good of those who love Him, who are called according to His purpose.*
- Matt 5:4 *Blessed are those who mourn for they will be comforted.*

Suggested Reading around Loss and Grief

1. *Stuck for Words* – Doris Zagdanski
What to say to someone who is grieving
 2. *Coping with Grief* – Mal & Di McKissock
Bereavement counsellors who have founded a centre for Childhood Grief and have a website called www.bereavementcare.com.au
 3. *Helping People through Grief* – D. Kuenning
 4. *Grievers Ask* – HI Smith
 5. *Experiencing Grief* - H. Norman Wright
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6. *A Grief Observed* – CS Lewis
