

# 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