

Grief changes everything.



GriefCare Tasmania operates under the Relationships Australia Tasmania umbrella as a single access point to grief and bereavement services in the state. Connecting individuals of any age to a range of professional and specialised services, ensuring that whatever the nature of their loss, they are guided to the right support.

How to access GriefCare Tasmania and what to expect

GriefCare Tasmania is designed to take the guesswork out of support. Our team will navigate the coordinated range of services to find the support that suits your needs the best.

You can access GriefCare Tasmania by:

- **Phone:** 1300 364 277
- **Online:** Visit tas.relationships.org.au to submit a digital enquiry
- **Email:** grief@reltas.com.au

Once you enter GriefCare Tasmania you gain access to a range of specialised, expert-led programs, including:

- **Professional counselling and support:** Tailored individual, couple, and family sessions with qualified, caring counsellors
- **Albie House:** Specialist peer and group support for adults bereaved by suicide

- **Seasons for Growth:** A special program for children and young people to develop the knowledge and skills to understand and respond well to experiences of change, loss and grief.
- **Death over Chocolate:** Exploring how to talk openly about death and your end of life wishes.

We also offer specialised professional development and supervision to help businesses and healthcare providers. Empowering professionals to confidently support those navigating loss by recognising the signs, normalising their experiences and providing gentle support pathway advice.

To ensure you receive the support you need across Tasmania, we offer connection through multiple formats:

- **Face-to-Face:** Available at our regional hubs
- **Video and phone:** Statewide reach for those in rural or isolated areas
- **Online:** Workshops and training