

Frequently asked questions



GriefCare Tasmania is a statewide service delivered by Relationships Australia Tasmania, providing a pathway to compassionate, evidence-informed support for people experiencing grief, loss and bereavement.

Where will the service be available?

GriefCare Tasmania incorporating individual counselling, group based support and workshops, is available statewide through our service delivery sites.

We also provide counselling via phone and online, ensuring people across Tasmania can access support regardless of where they live.

Where does the funding come from?

GriefCare Tasmania is funded through a combination of Tasmanian Government and Australian Government funding, depending on the specific component of the service.

We have brought these services together under the GriefCare Tasmania brand to create a clear and recognisable entry point for people seeking support.

This makes it easier for individuals, families and referral partners to understand what support is available and how to access it.

What training do staff have?

Our team includes qualified counsellors, social workers and psychologists with extensive experience supporting people through grief, loss and bereavement.

Why are you working in the grief space?

Supporting people through grief and loss has always been part of the work of Relationships Australia Tasmania. Across our family and relationship counselling, separation support, suicide prevention and mental health services, we regularly help people navigate bereavement, significant life transitions and other experiences of loss.

GriefCare Tasmania builds on this longstanding expertise by providing a dedicated service focused on grief and bereavement. We also believe that talking openly about grief, death, dying and end-of-life wishes helps individuals, families and communities better prepare for life's most difficult moments.

Our journey to GriefCare Tasmania

Around four years ago, feedback from service users and referral partners highlighted the need for a more visible and identifiable grief and bereavement service.

Since then, we have deliberately strengthened our expertise, invested in specialist training and developed dedicated grief support services. Throughout this process, we have worked closely with stakeholders and referral partners to understand where gaps existed and how we could add value.

GriefCare Tasmania is the evolution of that work. It brings together our specialist grief services under one recognisable identity, making it easier for people to find support and for professionals to make referrals.

Importantly, GriefCare Tasmania is designed to complement existing grief and bereavement services across Tasmania. We value the expertise already present across the sector and are committed to working collaboratively to strengthen the support available to Tasmanians.

Is GriefCare Tasmania only for people who have been bereaved?

No. While bereavement is a significant focus, we recognise that grief can arise from many forms of loss, including:

- The death of a loved one
- Relationship separation
- Family breakdown
- Illness or declining health
- Suicide
- Trauma
- Loss of identity, employment or life roles
- Other significant life changes

Everyone experiences grief differently, and our services are tailored to meet people where they are.

How does lived experience shape the service?

People with lived experience are central to GriefCare Tasmania. Alongside professional counselling, we recognise the value of connecting with others who have experienced grief and loss. Through partnerships with organisations such as *Albie House*, people can access peer support that offers understanding, hope and connection.

This combination of clinical expertise and lived experience ensures support is compassionate, practical and responsive to the diverse ways people experience grief.

What is Seasons for Growth?

Seasons for Growth is an internationally recognised, evidence-based program that supports children, young people and adults to understand and respond to experiences of change, loss and grief. The program provides practical tools, builds resilience and helps participants develop skills to navigate life's changes in a safe and supportive group environment.

Why is it important to talk about death, dying and end-of-life wishes?

Many people find conversations about death and dying difficult yet avoiding them can increase stress and uncertainty for individuals and families.

Death Over Chocolate explores how to talk openly about death, dying and end-of-life wishes. These conversations can help people understand each other's values, make informed decisions, reduce anxiety and support families during difficult times.

By normalising these discussions, we hope to build a Tasmania where people feel more confident talking about grief, more prepared for end-of-life decisions and better able to support one another through loss.

About Relationships Australia Tasmania

Relationships Australia Tasmania believes in the power of connection. Our vision is *A Connected and Respectful Tasmania*, where individuals, families and communities are supported to build healthy relationships, strengthen wellbeing and navigate life's challenges together.

If you would like more information please email grief@reeltas.com.au, call 1300 364 277 or visit our website tas.relationships.org.au