

Other helpful resources:

Australian Centre for Grief and Bereavement

Ph: 1800 642 066

www.grief.org.au

MensLine Australia (24 hrs)

Ph: 1300 789 978

www.mensline.org.au

GriefLine

Ph: 1300 845 745

www.griefline.org.au

Lifeline (24 hrs)

Ph: 13 11 14

www.lifeline.org.au

Kids Helpline (24 hrs)

Ph: 1800 551 800

www.kidshelpline.com.au

Beyond Blue

Ph: 1300 224 636

www.beyondblue.org.au

Our mission

Who we are: We are a Catholic healthcare service inspired by the spirit and vision of Saint Frances Xavier Cabrini and the Missionary Sisters of the Sacred Heart of Jesus (the Cabrini Sisters).

What we believe: We are a community of care, reaching out with compassion, integrity, courage and respect to all we serve.

What we do: We provide excellence in all of our services and work to identify and meet unmet needs.

Our values

Our values form the base of our mission, are built around what we believe and drive how we act. They are drawn from Saint Frances Xavier Cabrini's life and reflect her heart, her spirit, her conviction and her approach.

Compassion: Our drive to care is not just a professional duty to provide excellent quality care but is born of a heartfelt compassion for those in need, motivated by God's love for all people.

Integrity: We believe in the power of hope to transform people's lives and remain faithful to the bold healing mission and legacy of Saint Frances Xavier Cabrini.

Courage: We have the strength, determination, vision and conviction to continue the work of Saint Frances Xavier Cabrini and the Cabrini Sisters.

Respect: We believe that every person is worthy of the utmost respect and the best possible healthcare. We know that our resources are entrusted to us to use for the benefit of others.

www.cabrini.com.au



29-0422

Grief and Bereavement Support Services



What is grief and bereavement?

Grief is a response or reaction to a significant change or loss experienced emotionally, spiritually, physically and/or psychologically. Grief may be associated with illness, injury, loss of employment, loss of relationship, loss of independence, loss of certainty, loss of meaning and purpose, loss of dreams and hopes or the death of a significant other. Grieving is a natural and healthy response to loss, however the experience may affect you on many levels and it can be very challenging.

Bereavement is the experience that follows the death of someone who is important to you and for whom you grieve. In the months and years following a death, most people find a way forward. After a period of time they can begin to live a meaningful life once more.

- The universal natural response to loss is grief
- People grieve in their own way
- There is no timetable for grief
- Grief is necessary in order to heal the wound of separation
- Grief can be complex and ongoing
- Grief may involve a range of emotions and behavioural responses: physical, psychological and spiritual

Cabrini's Bereavement Support Program

At Cabrini, we understand grief and bereavement to be personal and that each person experiences these and processes their experience uniquely.

The program offers grief and loss support via phone and letter, invitation to a memorial service and first anniversary contact.

The Bereavement Support Program is available to all Cabrini patients and their next of kin or primary carers, across Cabrini's acute and palliative campuses. This includes patients of Cabrini's home-based and continuing care programs.

Admission to a palliative home care program may incorporate many changes from early diagnosis to end-of-life care. Additional sources of distress for family members are the multiple losses and relationship changes that unfold as the person's illness progresses. For all Cabrini palliative patients we offer support either at the hospital campus or in the home.

Please note, should you decide to accept an offer of support, it is possible to opt out of the program at any time.

Who can make a referral and how to make a referral

Any patient, their next of kin and/or their primary carer can make a self-referral by contacting the Pastoral and Bereavement Services Department. Alternatively, you can ask any member of the healthcare team to make a referral for you.

How to access the Bereavement Support Program

Contact our **Cabrini Bereavement Service** (covering Malvern, Brighton and Prahran)

Phone:

(03) 9508 1237 or call the switchboard on (03) 9508 1222 and ask to be put through to the Bereavement Coordinator.

Email:

pastoralbereavementservices@cabrini.com.au

