

# Coping with grief and trauma through the coronial process

## The ACT Coronial Counselling Service

Monday to Friday 9:00am-5:00pm



*Relationships Australia.*  
CANBERRA & REGION

### How much does it cost?

This is a free and confidential service funded by ACT Health.

### How can I access the service?

The ACT Coronial Counselling Service is open Monday to Friday from 9:00am to 5:00pm.

**Phone:** 02 6122 7191

This number is available to anyone in the community seeking to access the ACT Coronial Counselling Service.

**Email:** [ACTCCS@racr.org.au](mailto:ACTCCS@racr.org.au)

Referrals from other organisations: Please complete the referral form available at [www.racr.org.au](http://www.racr.org.au) and email it to [ACTCCS@racr.org.au](mailto:ACTCCS@racr.org.au).

### How to find out more

Relationships Australia Canberra & Region provides services at a number of locations in Canberra and the surrounding region.

Please contact us to make an appointment or find out more about our services.

**Phone:** 02 6122 7191

**Email:** [ACTCCS@racr.org.au](mailto:ACTCCS@racr.org.au)

**Website:** [www.racr.org.au](http://www.racr.org.au)

**Address:** 15 Napier Close, Deakin ACT 2600

Relationships Australia Canberra & Region is proud to be a Human Rights compliant organisation

*Relationships Australia.*  
CANBERRA & REGION





<b>Kids Helpline</b>	<b>1800 551 800</b>
24 hour telephone and online counselling (5-25 years)	
<b>Lifeline</b>	<b>13 11 14</b>
24 hour telephone counselling and support	
<b>Mensline</b>	<b>1300 789 978</b>
24 hour telephone support for men	
<b>Suicide Call Back Service</b>	<b>1300 659 467</b>
24 hour telephone support	
<b>Domestic Violence Crisis Service</b>	<b>02 6280 0900</b>
24 hour crisis line servicing the ACT	

## About the ACT Coronial Counselling Service

The death of a partner, child, family member, friend or colleague can be one of the most confronting experiences for any of us.

When death occurs unexpectedly or in traumatic circumstances it can have an overwhelming impact on our ability to cope. Counselling can support you to understand your experience during this challenging time.

The ACT Coronial Counselling Service provides free support and counselling to anyone affected by a death that is being investigated by a Coroners Court.

## What do we do?

The ACT Coronial Counselling Service at Relationships Australia aims to support bereaved family, friends and community members through all stages of the coronial process and up to three months after the inquest process has finalised.

The ACT Coronial Counselling Service aims to reduce the emotional impact of the coronial process on you, your family and friends.

## When should I contact the ACT Coronial Counselling Service?

Every person's pathway through the coronial system is different, and the support needed may vary throughout the coronial process.

The 'right time' for counselling is when you feel professional support would be helpful, for some this may be immediately following the death but for others it may be anytime in the weeks or months that follow.

## Specialised Services:

A range of specialised services staffed by experienced counsellors are available to assist you through the coronial process.

Specialised services include:

- liaison with the coronial office and staff
- support at coronial hearings
- trauma, grief and bereavement counselling services
- family therapy
- information about the impact of grief, bereavement and trauma
- referrals and links to appropriate support.