

*Supporting NSW communities,
families and individuals
experiencing loss and grief.*

www.nalag.org.au



NALAG
National Association for
Loss and Grief (NSW) Inc

Getting help

Referrals

Referrals to NALAG are accepted through

- Self-Referral
- GP's
- Mental Health
- Hospitals

How to reach us

Please contact us on 02 6882 9222 and our staff will be pleased to discuss your needs and answer any questions you may have.

Location

NALAG NSW has branches in Bellingen/Nambucca, Dubbo, Mudgee, Hunter and Sydney regions.

Cost

The NALAG NSW is a not for profit organization funded by Ministry of Health. The NALAG Centre provides grief and loss support to all people regardless of race, religion and financial circumstances and provides Grief Support **FREE** of charge.

For more information
& referral, please contact:

02 6882 9222
info@nalag.org.au

www.nalag.org.au

PO Box 379
DUBBO NSW 2830

NALAG Branches:

NALAG Dubbo

Phone: 02 6882 9222

Email: info@nalag.org.au

NALAG Mudgee

Phone: 0488 225 710

Email: mudgee@nalag.org.au

NALAG Bellingen/Nambucca

Phone: 0448 084 792

NALAG Hunter

Phone: 0409 151 646

Email: jperino@nalag.org.au

NALAG Sydney

Phone: 0439 922 201

Information on Services

NALAG NSW

www.nalag.org.au

NALAG NSW

NALAG is a voluntary organisation established in response to the needs of those who have experienced loss and grief and is supported by financial funding from the Ministry of Health.

Our Mission

NALAG NSW undertakes to strengthen the capacity of communities and individuals to improve their well-being following loss, grief and adverse life events.

Our Services

NALAG NSW aims to assist and support people who are grieving a loss through:

- Information and educational resources
- Referral service
- Individual grief support
- Group grief support
- Trauma response

Loss and Grief Support

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions. This is normal following significant loss. Knowing the experience is normal may not take away the pain, but will increase understanding of what is happening.

It is important to know you will recover, that it will get better. Some examples of Significant losses are:

- death of a significant person
- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss

- loss of homeland/culture/language
- loss of a pet
- loss of possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/pregnancy termination/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness
- loss of dreams/expectations/hopes

NALAG NSW has professional Counsellors and a team of trained Grief Support Volunteers who provide Grief Support.

Education

NALAG NSW is committed to supporting education and training to volunteers, support workers, students, professionals and the wider public. The Centre attracts both local and national speakers from various disciplines to educate in the area of loss and grief.

Specific Educational Programs Include:

- **Seasons for Growth**
Seasons for Growth is a program which explores the effects of change, loss and grief for children, adolescents and adults. The program helps us to understand that life is always changing, that one follows the other and there are certain things we can do to accept and deal with "the seasons in our life". Seasons for Growth is an educational program and not counselling.
- **Blue Healers Depression Program**
The Blue Healers is a program to help people manage depression, stress and anxiety and develop learning strategies for

coping. The program runs for six weeks (one two hour session per week) and involves topics such as What is Depression, Stress and Anxiety, What about medications? Exercise & Relaxation, Sleep & Diet, Cognitive Behavioural Therapy (CBT) (or changing negative thinking), Problem Solving and Self Esteem. The Program is run in a group setting and is based on psycho-education not counselling. ·

- **Seminars, Conferences, workshops**
NALAG conducts various educational seminars, conferences and workshops throughout the year. ·
- **Loss and Grief Support Volunteer Training**
NALAG conducts basic Loss and Grief Support training for Volunteers and the wider community. We are committed to continuing the education of all NALAG Volunteers.
- **Healing Days/Remembering Ceremonies**
Healing Days and Remembrance Ceremonies are conducted on an annual basis. Members of the public are invited to attend the ceremonies and reflect.

NALAG's support services are NOT suitable for clients who have:

- Complicated Grief
- PTSD (Post Traumatic Stress Disorder)
- Bipolar Disorder
- Personality Disorder
- Clinical Depression

For more information on NALAG services, visit www.nalag.org.au