

National Association for Loss and Grief (NSW) Inc.
Mid North Coast Chapter

Helpline

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For Membership Information:

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**National Association
for Loss and Grief (NSW) Inc**

NALAG

If you have experienced loss or grief, either recently or in the past, and would like to talk about it in a supportive environment, then NALAG may be for you.

NALAG, the *National Association for Loss and Grief*, has a Chapter on the Mid North Coast whose support volunteers offer non-judgemental and confidential support to those experiencing loss and grief. All our volunteers have completed a 16 hour training program which asks them to look at and examine their own loss experiences among other things, allowing them to have a greater appreciation of grief and its possible effects on us as individuals.

Our volunteers do not provide counselling, but do provide support, either individually or in a group environment to empower people to deal with their own grief issues. If counselling is needed, our volunteers can refer on to someone appropriate if that is requested.

Life is never the same after a significant loss, but talking about the situation can help establish a new sense of normal, and help you reach a place where you can feel better about your loss.

If you would like to talk with someone from NALAG, or if you are interested in becoming a volunteer, please phone.

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