

**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.

NALAG Head Office is located at 7 Welchman Street, Dubbo NSW 2830.

Hours

NALAG Dubbo is open 9am to 5pm Monday to Friday, excluding public holidays. Appointments for other times may be negotiated.

Cost

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:

MUDGEES

BELLINGEN/NAMBUCCA

HUNTER

GRIEF SUPPORT

GREATER SYDNEY

Information on Services

www.nalag.org.au

NALAG

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

Our Services

NALAG 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
- 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

NALAG has a team of trained Grief Support Workers who provide Grief Support.

Education

NALAG is committed to supporting education and training to support workers, students, professionals and the wider public. NALAG 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 Training**
NALAG conducts basic Loss and Grief Support training for Support Persons and the wider community. We are committed to continuing the education of all NALAG Grief Support Persons.
- **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 volunteers are not able to provide any information for court proceedings regarding child custody, Workers Compensation or insurance cases written records on volunteer-run sessions are not retained by NALAG.

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

- Prolonged Grief Disorder (PGD) or Complex Grief Disorder
- PTSD (Post Traumatic Stress Disorder)
- Bipolar Disorder
- Borderline Personality Disorder
- Schizophrenia

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