

Checklist of what to do after death:

- ☐ Call your nominated Funeral Director or ask your care team to do this for you.
- ☐ Decide whether you wish to be there for the transfer.
- ☐ Have you arranged for anything to go with your person? Make sure you have this with them prior to transfer.
- ☐ Is there any jewellery on your person that you would like removed prior to transfer.
- ☐ Once transfer is complete you will be in the safe hands of your funeral director.

NB. There are two 'death certificates' when someone dies. The first one is the medical record of death that your person's doctor fills out. This certificate cannot be used for the purposes of anything pertaining to the estate (ie. closing bank accounts). All administration matters require the Registered Death Certificate from the Registry of Births, Deaths & Marriages. The application for this certificate can only be undertaken after cremation or burial and then will take at least 4 weeks to be issued. There is a handy form in this pack that shows you the information the Registry will require.



Grief Resources:

- **Resources for the Bereaved PDF.**

https://www.grief.org.au/ACGB/Publications/Resources_Bereaved/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Resources_Bereaved.aspx

- **Feelthemagic.org.au**

https://feelthemagic.org.au/?gclid=CjwKCAjwj42UBhAAEiwACIhADtIapwYazhU4ejaM_iz_7MqAnbfbWN_LnXzMeJJk0bOFIO5SENCocBoC6RoQAvD_BwE

- **Grief line**

<https://griefline.org.au/>

- **My grief assist**

<https://www.mygriefassist.com.au/>

- **First light**

<https://www.firstlight.org.au/>

- **Australian Centre for Grief and Bereavement**

Offers bereavement counselling and support services: 1800 642 066. They also have a [MyGrief online support resource app](#) that you can download.

- **GriefLine Community and Family Services**

Listens, cares and supports people experiencing loss and grief, at any stage in life (12 noon to 3am, 7 days). Phone: 1300 845 745. Online counselling is also available.

- **Grieflink**

Is a website that is another great resource of information.

- **Lifeline**

For more immediate help, call Lifeline crisis support and suicide prevention services: 13 11 14 (24 hours, 7 days)

- **BeyondBlue**

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Phone: 1300 224 636

- **Palliative Care Australia**

Phone: (02) 6232 4433

- **Standby Support**

Assists anyone who has been impacted by suicide at any stage in their life including: individuals; families and friends; witnesses; schools; workplaces and community groups; and frontline responders and service providers. Phone: 0429 147 491

- **Mensline**

Offers support information and referral for men with family, relationship or other concerns. Phone: 1300 789 978.

- **13 HEALTH**

Phone advice and referral information about health concerns, including counselling services. Phone: 13 HEALTH or 13 43 25 84 (24 hours, 7 days)

- **Kids Helpline**

Telephone counselling: 1800 551 800 (24 hours, 7 days)

- **SANDS**

Support for miscarriage and pregnancy loss, stillbirth and infant death. Phone: 1300 072 637

- **Sids And Kids**

Assists families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy, regardless of the cause. Phone: 1300 308 307

- **1800 RESPECT**

Is the national 24/7 sexual assault, domestic and family violence counselling service for people experiencing, or at risk of experiencing violence, their friends and family, colleagues and employers. Phone: 1800 737 732

- **QLife**

Supports LGBTQI and other sexuality, sex and gender diverse people (3pm to 12am, 7 days). Phone: 1800 184 527

- **National Indigenous Critical Response Service (NICRS)**

Provides culturally responsive emotional and practical support to bereaved families and individuals impacted by suicide or other traumatic loss. Phone: 1800 805 801 (free call) or mobile 0499 333 132

- **Thirrili**

Is a non-profit organisation supporting Aboriginal and Torres Strait Islander people and communities. Phone: (03) 8578 1410 or Critical Response Service: 1800 805 801 (24/7ours, 7 days)



Books that might be helpful:

- **The Wild Edge of Sorrow**
Francis Weller
- **Consolations**
David Whyte
- **Bearing the Unbearable**
Joanne Cacciatore
- **Grief is Love**
Joanne Cacciatore
- **It's OK to not be OK**
Megan Devine

BARE.