

# QUICK HELP CARD



## Support for Widowers After the Funeral

You are not expected to have everything figured out.

This card is designed to give you **immediate support, clear next steps, and trusted contacts** for when things feel overwhelming.

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### CRISIS & IMMEDIATE SUPPORT (Australia)

If you feel unsafe, overwhelmed, or unable to cope **right now**, reach out immediately:

**Lifeline** – 13 11 14 (24/7) • Phone or online chat for crisis support

**Beyond Blue** – 1300 22 4636 (24/7) • Anxiety, depression, grief support

**Griefline** – 1300 845 745 (8am–8pm) • Grief-specific phone support

**Emergency** – 000 • If there is immediate danger

Asking for help is a strength, not a failure.

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### TOP 5 PRACTICAL NEXT STEPS

Focus only on these. Everything else can wait.

#### 1. Look after your body first

- Eat something simple • Drink water • Sleep when you can • Take prescribed medication

Grief is harder when your body is depleted.

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#### 2. Tell one trusted person how you are really doing

- A friend, family member, neighbour, or colleague • Be specific: “Can you check in on me this week?”

You do not have to carry this alone.

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### 3. Handle only essential paperwork

For now, focus on:

- Death certificate copies
- Notifying banks and Services Australia
- Locating the will (if there is one)

Create one folder (physical or digital). Ignore the rest until later.

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### 4. Create a simple daily routine

Choose **two anchors** each day:

- A short walk
- A regular meal time
- One phone call
- A shower or bedtime routine

Structure brings stability when everything feels uncertain.

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### 5. Accept grief exactly as it shows up

- There is no correct timeline
- Anger, numbness, relief, guilt and sadness are all normal

You do not need to “move on” — only to get through today

If grief feels unmanageable for weeks or months, professional support can help.

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### ONGOING GRIEF SUPPORT

- **Grief Australia** – counselling and resources
- **MyGriefAssist** – personalised grief support pathways
- **First Light** – peer support for widowed people
- **What's Your Grief** – practical articles and tools

(Search online or ask your GP or funeral provider for referrals.)

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### A FINAL WORD

You loved deeply — that is why this hurts.

Take this  
one hour, one task, one breath at a time.

**Help is available. You are not alone.**

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