

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.



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.



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.

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.



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.

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.

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.

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.)

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.

Memorial Live Streaming
Phone: 1300 76 44 00
Website: www.mls-australia.com