

Resource List

Many of the books listed below may be available at your local library. If you have access to the Internet, all of them are available at www.amazon.com at a reasonable price. For each of the age groups, there are also one or two Internet sites with some practical and useful information. The last two sections will point you in the direction of helplines, which are staffed by trained volunteers and professionals with whom you can speak.

Grieving Adults

A Grief Observed (1961). By C. S. Lewis. Faber and Faber in London.

Beyond Grief – Coping with the Loss of a Loved One (1996). By John Helm. Open Book Publishing.

Christians Grieve Too (1979). By D. Howard. Aio Publishing, Sydney.

Concerning Death: A Practical Guide for the Living. By Earl Grollman.

Coping with Grief (1992). By Mal McKissock. ABC Enterprises in Sydney.

For Women Who Grieve: Embracing Life After The Death of Your Partner (1996). By Tangea Tansley. Lothian.

Grieving: How To Go On Living When Someone You Love Dies (1998). By Therese Rando. Lexington.

Liberating Losses: When Death Brings Relief (2003). By Jennife Elison and Chris McGonigle. Perseus Books in Cambridge.

Men and Grief: A Guide for Men Surviving the Death of a Loved One (1991). By Carol Staudacher. New Harbinger Pub. Inc.

The Courage to Grieve (1993). By Judy Tatelbaum. Cedar Books in New York.

Time Remembered (1987). By Earl Grollman.

What Helped Me When My Loved One Died (1982). By Earl Grollman.

When Bad Things Happen to Good People (originally 1981). By Harold Kushner. Pan Books in New York.

<http://www.tobinbrothers.com.au/> – Then follow the link on the top right of the page to find resources and brochures on coping with grief, including children and grief, and grief as a result of suicide.

<http://www.monkhouse.com.au/> – As well as answering questions about funerals, under their ‘help and support’ section, this page offers information regarding grief and loss as well as some available free community services that may be able to assist you.

Grieving Children

Badger’s Parting Gifts (1992) By Susan Varley (and other authors for translations). Collins in Great Britain

**Available in Chinese, Bangali, Somali, Arabic and Urdu

Bereaved Children and Teens. By Earl Grollman.

Children’s Conception of Death (1980). By R. Lonetto. Springer, New York.

How to Help Children Through a Parent’s Serious Illness (1996) By Kathleen McCue. St Martin’s Griffin in New York.

My Grandfather Died Today: When a Parent Dies (1971). MacMillan Press, New York.

Nana Upstairs and Nana Downstairs (1987) By *Tomie De Paola*. GP Putnam's Sons in New York.

Talking about Death: A Dialogue Between Parent and Child. By *Earl Grollman*.

Talking to Children about Death – A Dialogue Between parent and Child (1990). By *Earl Grollman*. Beacon Press, Boston.

<http://www.kidsource.com/sids/grief.html>
– For common expressions of children's grief, expressions that may not help and ways to help your children.

<http://www.kidsource.com/sids/childrensgrief.html>
– For age-appropriate explanations of how children respond to grief, what their concept of death is and possible ways to help them through their grief response.

Grieving Adolescents

How It Feels When A Parent Dies (1991) By *Jill Krementz*. Published by Tallancz Children's Paperbacks in London.

Something I've Never Felt Before (1990) By *Doris Zagdanski*. Published by Hill of Content in Melbourne.

Straight Talk About Death For Teenagers (1993) By *Earl Grollman*. Published by Beacon Press.

<http://www.skylight.org.nz> – Offers many resources for how to understand and help children and adolescents through the grief process.

Telephone Counselling Services

Griefline
(12 noon – 3 pm) 03 9596 7799

Lifeline
(24 hours) 131 114

Kids Helpline
(24 hours) 1800 551 800

Bereavement Counselling In Person

Australian Centre for Grief and Bereavement
Bereavement Counselling and Support Service

Located at Monash Medical Centre
246 Clayton Road, Clayton
Phone: 03 9543 9449
Email: counselling@grief.org.au

Cost: Free to those who hold a health care card, pension card or full time student card. A fee of \$30 per session applies for others.

Additional programs are available for children, younger bereaved partners, animal loss, adults bereaved through the death of a parent.

National Association for Loss and Grief
www.nalagvic.org.au
Phone: 03 9650 3000
Country Vic (Freecall): 1800 700 023

Their website has an extensive list of accredited counsellors across Victoria as well as specific support groups for support after suicide, the death of a partner or spouse, people bereaved through road accidents and bereaved parents and siblings.