



WOMBAT'S WISH

1:1 Grief Counselling Sessions

Counselling for families

It's easy to get some extra support to help you or your children talk through their loss and memories. We provide short-term help through talk and play therapy to support your children with their experiences.

We also help you understand worrying behaviours they may be showing and develop more tools to strengthen your family.

To access this free service you must

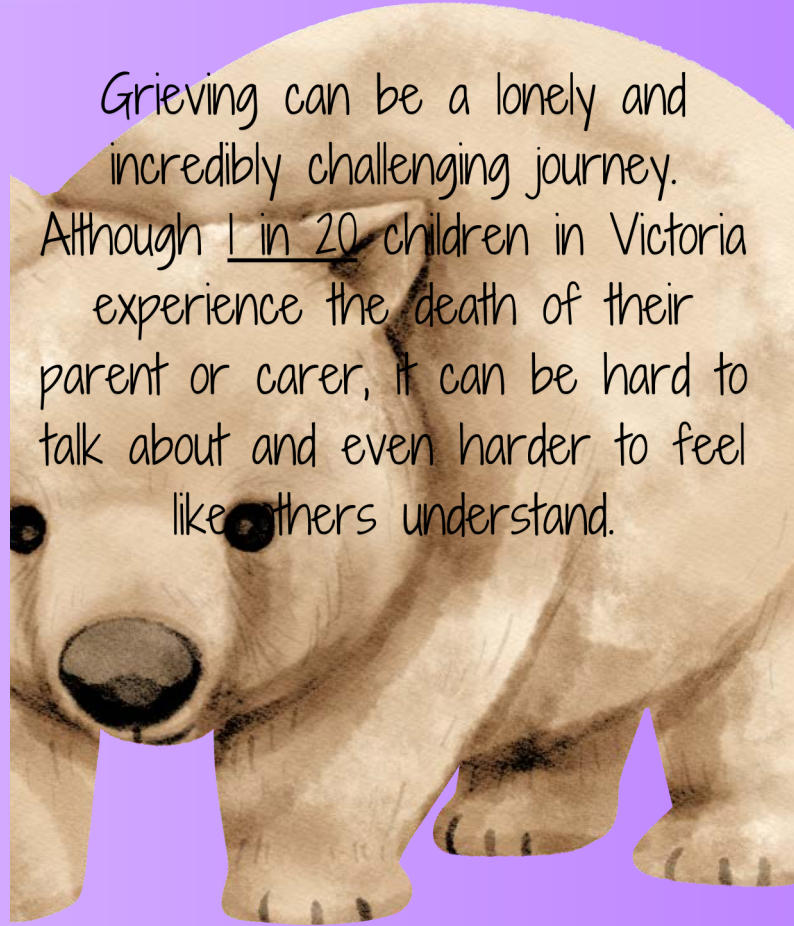
- Make an appointment with your GP
- Ask for an individual mental health plan for each family members who require the counselling service.
- The children will need to chat with the doctor, too.
- Then ask the GP to send the Mental Health Care Plan to counselling@wombatswish.org.au

Wombat's Wish service is free, bulk billed through Medicare with a Plan, and provides 6 to 10 sessions per year.

Once we have received your mental health care plan we will get back in touch to setup your appointment.

Wombat's Wish can provide in person or telehealth appointments across Victoria.

Grieving can be a lonely and incredibly challenging journey. Although 1 in 20 children in Victoria experience the death of their parent or carer, it can be hard to talk about and even harder to feel like others understand.



For further information or resources



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wombatswish.org.au



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