

STOP THE SPREAD

STAY STRONG

FUNERALS & SORRY BUSINESS

**IT'S SAD ENOUGH ANY
TIME SOMEONE YOU LOVE
PASSES, LET ALONE
DURING THE CORONAVIRUS
(COVID-19) PANDEMIC.**

Normally we have big gatherings when someone has passed away but, during the coronavirus pandemic, larger groups mean greater risk of spreading the virus especially for the more vulnerable such as our Elders.

Restrictions are in place for the number of people allowed to gather for funerals and sorry business. These restrictions will change over time. For current information, visit www.covid-19.sa.gov.au

Take care to work through your feelings of grief and loss. It's important to look after your mind, body and spirit.

Show solidarity and love with your words and actions, rather than physical contact. Consider online memorials and other ways to pay tribute, or plan larger gatherings for when the pandemic passes.

FOR HELP DEALING WITH GRIEF AND LOSS:

- AHCSA Rising Spirits Grief and Loss website: www.aboriginalgriefandloss.ahcsa.org.au
- SA Aboriginal Mental Health Support and Advice Line (Thirilli): 1800 841 313
- SA COVID-19 Mental Health Support Line: 1800 632 753 (8am to 8pm, 7 days)
- Emergencies: 000
- Lifeline Australia: 131 114
- Mensline Australia: 1300 789 978
- Kids Help Line: 1800 551 800
- 1800 RESPECT or 1800 737 732 for confidential information, counselling and support
- Suicide Call Back Service: 1300 659 467
- Alcohol & Drug Information Service (ADIS): 1300 131 340

