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**Useful Information: Grief Support**

**Blue Knot Foundation**

<https://www.blueknot.org.au/>

1300 respect

**White Wreath Organisation**

<https://www.whitewreath.org.au> (has a texting service too)

**Support After Suicide**

<http://www.supportaftersuicide.org.au/what-to-do/communicating-with-children>

**Essential Oils**

Stage 1 - Denial – lavender and geranium

Stage 2 - Sorrow/Anger – lavender and roman chamomile or doTERRA lavender peace

Stage 3 - Sorrow/Bargaining – ginger and peppermint

Stage 4 - Sorrow/Depression – lavender, vetiver and white fir

Stage 5 - Depression – cypress, frankincense and cheer blend

**Therapist Support**

Shona Scallan – Registered Psychologist

Clinics in Joondalup and Jindalee

Email info@psychologyshonascallan.com.au

Tel: 0403 786 474

[www.psychologyshonascallen.com.au](http://www.psychologyshonascallen.com.au)

Dr Paul Norman – Clinical Psychologist

Family focused therapist with clinics in Joondalup, Alexander Heights and Yokine

<https://www.childfocusedfamilycentre.com/adult-psychology-services>

Mob: 0477 788 547