



KILLICK FAMILY  
FUNERALS

# *Grief Support & Coping Guide*

Supporting Families in  
Kingaroy & The South Burnett



*Compassionate Care When You Need Us Most*

**PHONE: 1800 607 880**



# *A Gentle Message from Killick Family Funerals*

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Losing someone you deeply love changes your world. Whether your loss is recent or some time ago, grief can feel overwhelming, confusing and exhausting. Please know – whatever you are feeling, you are not alone.

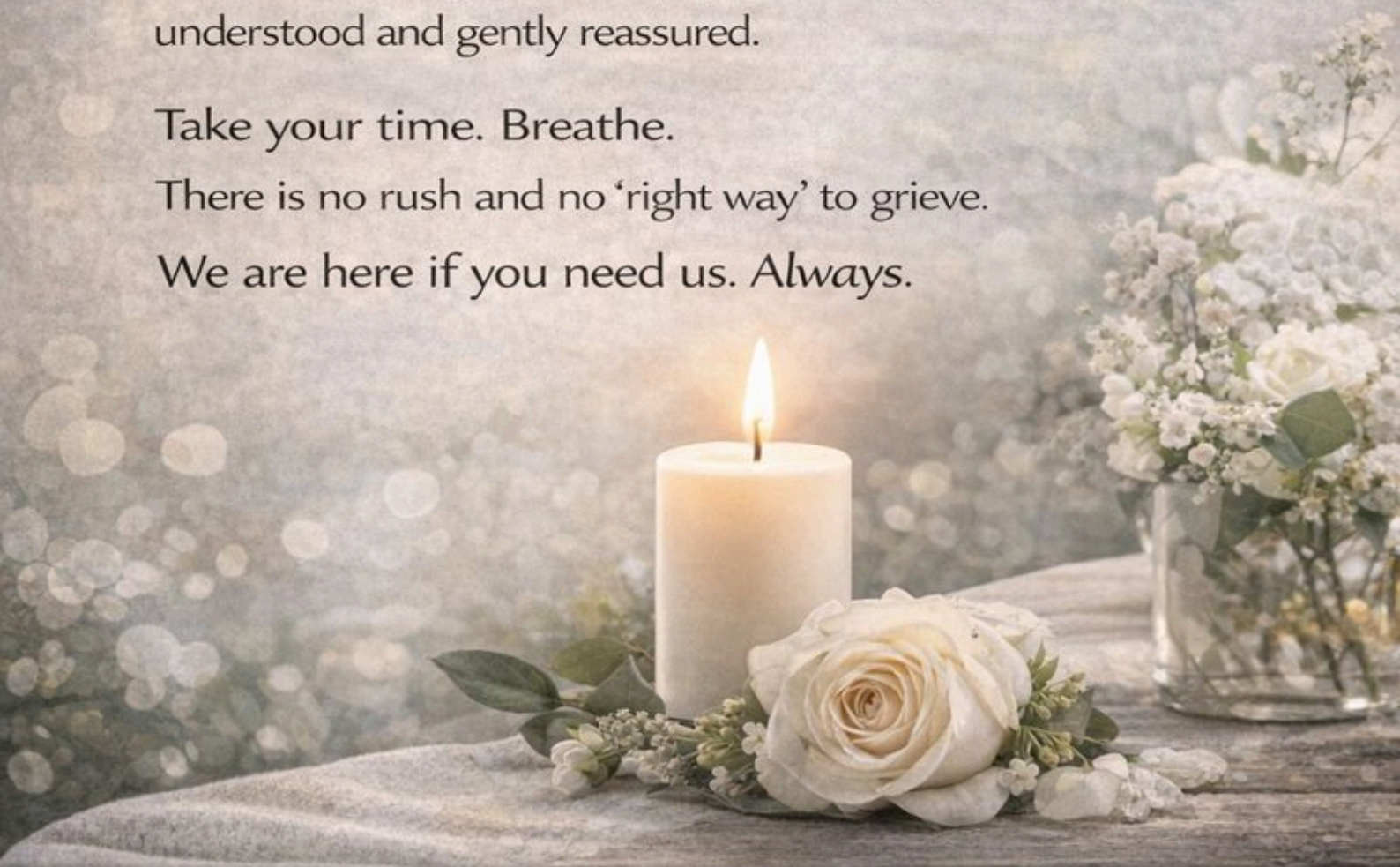
At Killick Family Funerals, we walk beside families through every step of their journey.

We created this guide to help you feel supported, understood and gently reassured.

Take your time. Breathe.

There is no rush and no ‘right way’ to grieve.

We are here if you need us. *Always.*



*Compassionate Care When You Need Us Most*

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# *Understanding Grief*

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## *There Is No Right Way to Grieve*

Grief is different for everyone.

There is no timeline and no rulebook.

Some days may feel calm. Some days may feel heavy.

Both are normal.

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We created this guide to help you feel supported, understood and gently reassured.

You may experience:

- Sadness, numbness or disbelief
- Anger or frustration
- Guilt or regret
- Fatigue and exhaustion
- Forgetfulness or difficulty concentrating
- Loneliness
- Relief after a long illness – and this is okay

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*How you are grieving is valid.*





# *The Waves of Grief*

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## *It Comes and Goes*

Grief rarely follows neat stages.

It often comes in waves.

Some moments feel manageable.

Others come unexpectedly.

Over time, the waves don't disappear –  
but they become easier to navigate.

Be patient with yourself.

There is no deadline.

There is no 'should be better by now'.

Healing is not linear.

*You are doing the best you can.*

*You are not alone.*



# Practical Ways to Cope

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## Gentle Ways to Support Yourself

When grieving, even simple things can feel hard. Small, kind steps can help you feel grounded.

### ✓ Look After Your Body

- Rest when you can
- Drink water
- Eat small, simple meals
- Spend a little time outdoors

### ✓ Be Kind to Your Heart

- Allow emotions—including tears
- Write your thoughts if it helps
- Avoid pressure to be 'strong'

### ✓ Stay Connected

- Reach out to trusted people
- Accept help when offered
- Talk when you feel ready



# Supporting Children & Teens

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## Children Grieve Too

Children often show grief differently to adults. They may seem okay one moment and upset the next. They may withdraw, act out, struggle with school or experience changes in sleep or behaviour.

### ✓ How to Support Them

- Be honest, gentle and age-appropriate
- Let them talk freely
- Reassure them they are safe and loved
- Maintain routine where possible
- Allow them to grieve in their own way

If you are ever unsure,  
our caring team is always here to  
guide and support you.





# Remembering & Honouring Your Loved One

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## Keeping Their Memory Alive

Children often show grief differently to adults. They may seem okay one moment and upset the next. They may withdraw, act out, struggle with school or experience changes in sleep or behaviour.

### ✓ How to Support Them

- Be honest, gentle and age-appropriate
- Let them talk freely
- Reassure them they are safe and loved
- Maintain routine where possible
- Allow them to grieve in their own way
- Visit meaningful places

*Your love lives on. Always.*





# Support & Contacts

## When Grief Feels Overwhelming

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### ✓ Australian Support Services:

- Lifeline – 13 11 14
- Griefline – 1300 845 745
- Beyond Blue – 1300 22 4636
- If you ever feel unsafe, please call 000

### ✓ We're Here for You

At Killick Family Funerals, we care for the Kingaroy and the South Burnett community with warmth and understanding.

If you need someone to talk to, guidance, or help finding grief support services, please reach out.



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