

## Our Ongoing Care

At McCartney Family Funerals, our care doesn't end with the funeral service. We know grief continues long after the farewell. We are here for you in the weeks and months ahead — whether you need someone to listen, resources to help you cope, or guidance towards professional support. Our family will continue to walk beside yours, for as long as you need us.



## Here When You Need Us

If you would like to talk, need support,  
or simply want someone to listen,  
we are here 24/7.

# 1300 043 522

[mccartneyfunerals.com.au](https://mccartneyfunerals.com.au)  
[family@mccartneyfunerals.com.au](mailto:family@mccartneyfunerals.com.au)

MCCARTNEY FAMILY FUNERALS

Cleveland | Wynnum | Beenleigh | Underwood

McCartney Family Funerals acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians. We recognise their cultures, histories and diversity and their deep connection to the lands, waters and seas, in which we serve our families. We pay our respects to their Elders past, present and emerging.

MCCARTNEY FAMILY FUNERALS

## Walking beside you through grief



## Understanding Grief

Grief is the natural response to losing someone you love. It can feel overwhelming, confusing, and unpredictable — and no two people experience it in the same way.

You may feel sadness, anger, guilt, or even moments of peace. These feelings can come and go like waves. However you experience grief, remember: there is no right or wrong way to feel.



## What You May Feel

- Sadness or loneliness
- Anger or frustration
- Numbness or disbelief
- Relief or acceptance
- Confusion or forgetfulness

All of these are normal. Grief is your personal journey of adjusting to life after loss.

## Caring for Yourself

While there is no simple way through grief, gentle steps can help you cope:

- Talk about your feelings with someone you trust.
- Write your thoughts in a journal.
- Spend time outdoors or in places that bring you peace and calm.
- Maintain small daily routines.
- Accept support from family and friends.

Take each day as it comes and be kind to yourself along the way.

## Finding Support

You don't have to walk this path alone. Support is available:

- Family and Friends – Lean on those who care about you.
- Community and Support Groups – Sharing with others can bring comfort.
- Professional Counsellors – Speaking with a professional can provide guidance if you feel overwhelmed.

Reaching out for help is a sign of strength, not weakness.

## Other Support Services Available

**Lifeline** – 13 11 14

**Mensline** – 1300 789 978

**QLD Mental Health Line** – 1300 642 255

**Kids Helpline** – 1800 551 800

**Suicide Callback Service** – 1300 659 467

**13YARN** – 139 276