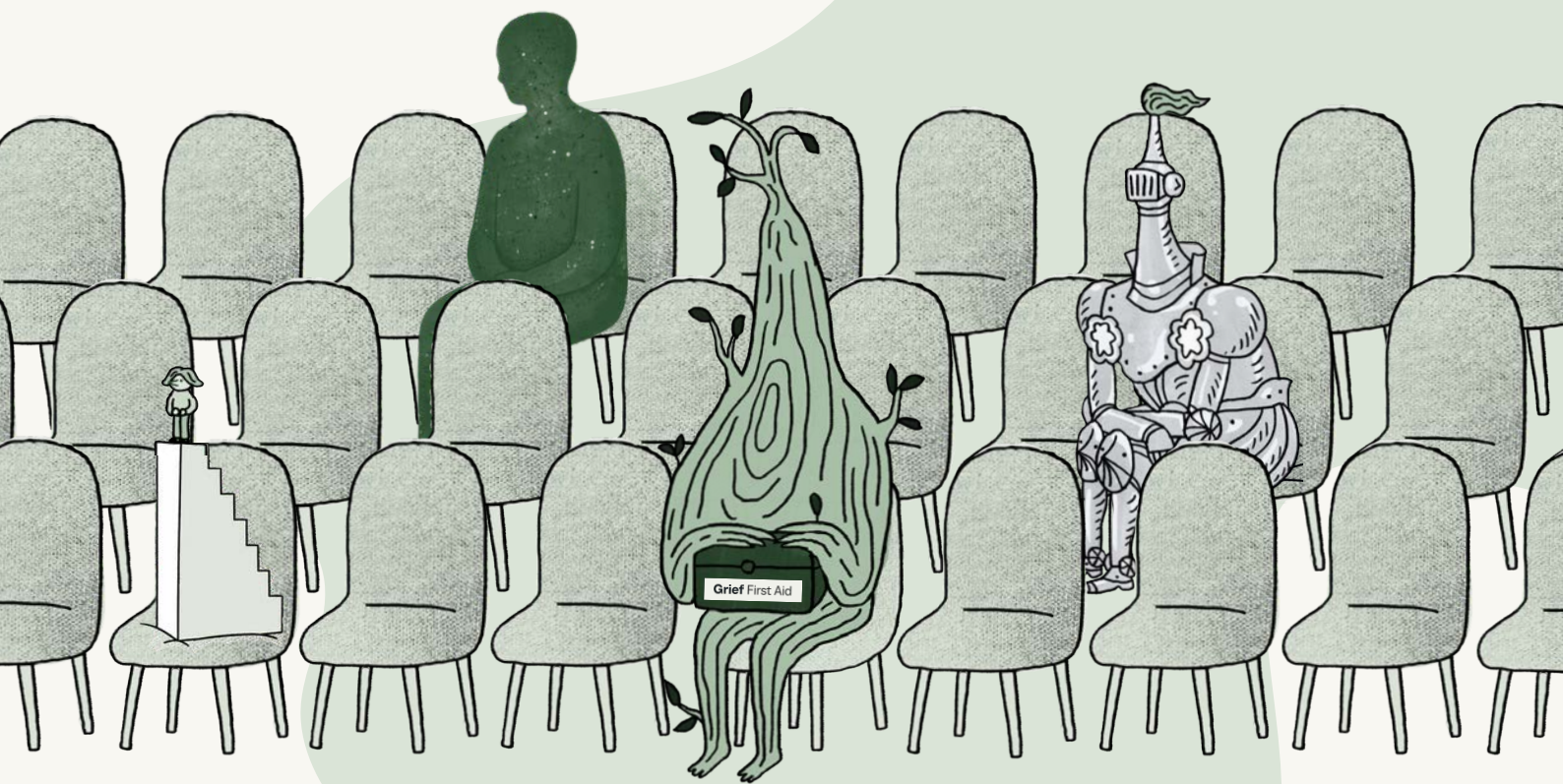


Grief First Aid

Accredited Training

Practical skills to support someone
through grief and loss.



A deeper understanding of grief and loss
and the diverse ways it can be experienced and expressed.

Gain the confidence to respond with compassion, care and understanding.



grieffirstaid.au
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Grief First Aid

The Value of Grief First Aid

Grief is a universal human experience, yet many people feel unsure about what to say or do when someone is grieving.

Grief First Aid builds the confidence and capability to change that.

The Grief First Aid course teaches adults how to provide initial, non-clinical support to someone experiencing grief and loss. The evidence-informed curriculum builds grief literacy and practical communication skills, equipping participants to recognise and respond to grief using the GRIEF Action Plan and facilitate further support when needed.

Learning Outcomes

By completing Grief First Aid, participants will develop the knowledge and capability to:

- **Develop a comprehensive understanding of grief and loss**, including contemporary grief models, different types of loss and the diverse ways grief can be experienced and expressed.
- **Understand the factors that shape individual grief experiences**, including relationships, circumstances of the loss, culture, faith, identity and social context, and recognise the broader impact of grief on individuals, families, friends and colleagues.
- **Build practical communication and support skills** to respond confidently, compassionately and appropriately to someone who is grieving, including providing emotional and practical support.
- **Apply the GRIEF Action Plan as a structured framework** for providing initial support, recognising when additional support may be needed and facilitating appropriate referral or connection to further support.
- **Understand the role and boundaries of a Grief First Aider**, including safe and ethical support, maintaining appropriate boundaries, recognising the impact of supporting others and practising self-care.

Who can attend?

Grief First Aid is designed for adults aged 18 years and over who want to build the knowledge, confidence and practical skills to support someone experiencing grief and loss.

Course Format

Grief First Aid is a 7.5-hour facilitated course that can be delivered in a single session or structured across multiple sessions to suit the needs of your organisation./ community. Training can be delivered face-to-face or live online via Zoom, providing flexibility while maintaining the full course content and learning experience.



"We couldn't have been happier with the outcomes. The sessions created the space for meaningful conversations and thinking to flow, while providing valuable knowledge and practical strategies that will continue to support us well beyond the training."

— Ally McErlean