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## Helpful Resources

### Placement of Ashes

We have a range of urns in our office that you can purchase, including bio-degradable, brass, wooden, stone urns, or gold & silver pendants.

For interment of ashes at Karrakatta, Pinnaroo, Fremantle, Midland & Guildford phone the Metropolitan Cemeteries Board 1300 793 109.

Interment of ashes in most country Cemeteries is controlled by the local shire in the town where the cemetery is located. It is best to organise placement through ourselves as different sites take different sized containers.

### Collection of Ashes

Ashes are to be collected by the Administrator or other person authorised at time of booking by contacting Karrakatta Cemetery or Pinnaroo Valley Memorial Park on 1300 793 109.

### Monuments

There are no statutory time regulations to prevent you from placing a monument on a grave as soon as you wish. Your local monumental mason can guide you through this process. We recommend Oxter Services as they can service all WA cemeteries and offer a wide range of memorials, plaques, add inscriptions, repair and restore existing memorials.

Brenton Haynes: Phone: 9622 5544 Fax: 9622 5566 [www.oxter.com.au](http://www.oxter.com.au)

### Grief Counselling

This list is not comprehensive but may assist in offering choices of where to receive help.

Your Local General Practitioner

Your Local Church

Australian Centre for Grief & Bereavement ([www.grief.org.au](http://www.grief.org.au))

Beyond Blue ([www.beyondblue.org.au/the-facts/grief-and-loss](http://www.beyondblue.org.au/the-facts/grief-and-loss))

Headspace ([www.headspace.org.au/young-people/understanding-grief-and-loss-for-young-people](http://www.headspace.org.au/young-people/understanding-grief-and-loss-for-young-people))

Mental Health/Rural Link ([www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au))

Regional Mens Health ([www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)) 08 9690 2277 Mens Line 1300 789 978

Wheatbelt Counselling Services 08 9621 1530

Wheatbelt Mental Health 08 9621 0999

Wheatbelt Public Health Unit 08 9622 4320

Life Line ([www.lifelinewa.org.au](http://www.lifelinewa.org.au)) 13 11 14

Salvo Care Line 1300 363 622

Samaritans ([www.thesamaritans.org.au](http://www.thesamaritans.org.au)) 08 9381 5555 / 1800 198 313

Strategies For Life – Karen Easter ([www.strategies4life.com.au](http://www.strategies4life.com.au)) 0499 555 791

Gabrielle Fry (Registered Psychologist) 08 9622 2884 / 0448 093 464

Richard Taylor (Registered Clinical Psychologist) 08 9574 2746 / 0427 447 190

### Who To Notify

This checklist shows most of the people you may need to contact.

- |   |   |
|---|---|
| <input type="checkbox"/> Social Security / Veteran Affairs    | <input type="checkbox"/> Health Funds                 |
| <input type="checkbox"/> Banks & other Financial Institutions | <input type="checkbox"/> Motor Vehicle Registry       |
| <input type="checkbox"/> Employers                            | <input type="checkbox"/> Clubs / Organisations        |
| <input type="checkbox"/> Home Care Nursing Services           | <input type="checkbox"/> Public Service eg. Libraries |
| <input type="checkbox"/> Insurance / Superannuation           | <input type="checkbox"/> Post Office                  |
| <input type="checkbox"/> Australian Taxation Office           | <input type="checkbox"/> Solicitor / Public Trustee   |
| <input type="checkbox"/> Telephone Companies                  | <input type="checkbox"/> Executor of Will             |
| <input type="checkbox"/> Water & Electrical Companies         | <input type="checkbox"/> Doctor / Dentist             |
| <input type="checkbox"/> Local Authorities / Councils         | <input type="checkbox"/> Electoral Office             |
| <input type="checkbox"/> Facebook/Instagram/Online Accounts   | <input type="checkbox"/>                              |