



HOPE

Have you lost
someone to
suicide?

*You are not alone.
Help is available.*

wellways

[wellways.org](https://www.wellways.org) | 1300 111 400

Introduction

StandBy, delivered by Wellways in five regions across Australia, is a national suicide postvention service that provides practical support to anyone who has been bereaved or impacted by suicide at any stage in their life. This includes individuals, families, friends, witnesses, first responders, service providers, groups and communities.

It enables people who have been bereaved by suicide to improve their resilience, functioning and wellbeing.

This will also identify areas to strengthen local system responses (both postvention and prevention) to prevent suicide and suicide attempts within the community ongoing.

Acknowledgements

Wellways would like to acknowledge all community members who have lost a loved one to suicide. We are hopeful that together, we can develop a compassionate and effective plan to address the short and long-term needs of the community in the face of tragedy.

We pay our respects to the Traditional Owners, past and present, of the land that this postvention resource supports. We acknowledge the trauma that suicide and its aftermath bring to individuals, families and communities, and recognise the power of culture in healing processes and suicide prevention.

We would like to acknowledge Western Victoria Primary Health Network and Ballarat Community Health for access to the Postvention Protocol Response developed for the Ballarat Suicide Prevention Place-Based Trial Leadership Group.

About Feros Care

Feros Care is a proud NDIS partner in the community, delivering Local Area Coordination services that support people with disability to live healthy, connected and fulfilling lives.

For more information visit feroscare.com.au

The production and distribution of this document was made possible through a partnership with Feros Care.



Immediate support

Emergency services	000 <i>(call if you are worried about your immediate safety or someone else's)</i>
StandBy After Suicide Support	1300 727 247
Suicide Call Back Service	1300 659 467
Suicide Line	1300 651 251
Poison Information Centre	13 11 26
Lifeline	13 11 14
Beyond Blue support service	1300 224 636
Kids Helpline	1800 551 80
Access Mental Health Act	1800 629 354 or 02 6205 1065



Have you lost someone to suicide?

We would like to express our sympathy. We also want to acknowledge that the experience following a suicide can be intense, confusing, and often overwhelming. There may be a wide range of feelings and thoughts that are difficult to understand and to manage. You might feel isolated, as if there is no one to talk to who would understand what you are experiencing.

You are not alone.

Help is available.

This community guide was developed to help all people in community who have been impacted by a suicide. provides a list of resources to help you in the weeks, months, and years ahead.

People who have been bereaved recommend that anyone who has lost someone to suicide needs to take steps to take care of themselves. Hang onto this guide for when you are ready to connect to the support that suits your need. We hope it offers you support and reassurance so that you feel you are not alone.

How to support someone who has been bereaved by suicide.

A death by suicide can be difficult and confusing for families, friends, workplaces and communities. It can be a time of increased risk for those directly impacted as they struggle to understand why it happened or what they could have done to help prevent it. Following a death by suicide, people may avoid the bereaved due to not knowing what to say or do. For some people impacted by this kind of loss, it can feel isolating due to the stigma associated with suicide. It's important for communities to have the capacity to respond to families affected by suicide. As well as having someone to comfort them in their pain, families also often need practical support.

StandBy – Support After Suicide (1300 727 247) offers support to individuals, no matter how long it has been since they lost someone, or how close they were to them. The service also supports communities to increase awareness, develop connections and build a community's capacity to support people impacted by suicide.

You are not alone. Help is available.



Support for adults

StandBy – Support After Suicide

w. standbysupport.com.au
p. 1300 727 247

StandBy offers a free, confidential support service to anyone who has been bereaved or impacted by suicide at any stage in their life. The service is accessible 24/7 in western Victoria. StandBy also offers an extensive list of downloadable resources for families and workplaces impacted by suicide. They can even help you with the practical stuff.

Canberra Grief Centre

w. canberragriefcentre.com.au
p. 0409 966 515
e. sonia@canberragriefcentre.com.au

We can support you after your loss, during the process of losing such as that experienced by carers, where diagnosis has been received or at end of life.

The Compassionate Friends ACT and Queanbeyan

w. compassionatefriendsact.org
p. 02 6287 3350 or 6286 6134
e. tcf.actqbn@gmail.com

TCF is a worldwide family of bereaved parents, siblings, and grandparents, offering friendship and understanding to each other. We offer support in the trauma and grief that follow the death of a child.

Grief Line

w. griefline.org.au/forums
p. 1300 845 745 (6am – midnight AEST)

A national helpline offering confidential telephone counselling 7 days a week, 365 days a year.

Suicide Call Back Service

w. suicidecallbackservice.org.au
p. 1300 659 467

Online and phone counselling for those who have lost someone to suicide.

MensLine

w. mensline.org.au
p. 1300 78 99 78 (24-hour line)

A dedicated service for men with relationship and family concerns.

Capital Counselling & Coaching Services

w. capitalcounselling.com.au
p. 02 6257 3869
e. info@capitalcounselling.com.au

Through the best professional counselling available, we make sure you are getting exactly what you need to function properly and meet your goals.

Specialist Grief and Bereavement Counselling

w. griefandloss.com.au
p. 0439 749 270
e. lindymyerscounselling@gmail.com

Specialising in grief related to death and dying and carer stress and distress. Certified Bereavement Practitioner and Social Worker.

Mental health apps

Beacon

w. beacon.anu.edu.au

A portal to online applications for mental and physical disorders (Australian National University)

Self-help tools and apps

w. blackdoginstitute.org.au/gettinghelp/self-help-tools-apps

Black Dog Institute

Head to Health Australia, Digital Mental Health Resources

w. headtohealth.gov.au/search-resources
Australian Government

Support for kids and young people

Kids Helpline

w. kidshelpline.com.au/get-help/webchat-counselling
p. 1800 551 800

A 24-hour telephone service that is available for young people (aged between 5 to 25) who need advice, counselling or just need to talk.

Feel the Magic

w. feelthemagic.org.au
p. 1300 602 465

Feel The Magic offers multiple services for bereaved children and families. They provide camps, support groups, workshops and additional information. Ages 7-17.

National Centre for Childhood Grief

w. childhoodgrief.org.au
p. 1300 654-556
tcf.actqbn@gmail.com

The NCCG provides, through its programs, a safe environment where bereaved children and their families can be encouraged to share their experiences. This process enables bereaved children to learn how to integrate grief into their everyday lives. The NCCG has developed and uses an internationally recognised therapeutic model and applies this model in ways that meet the needs of individual children and the group.

headspace Canberra

w. headspace.org.au/headspace-centres/headspace-canberra/
p. 02 6113 5700

headspace supports young people aged 12 to 25 with mental health, physical health, drug and alcohol support, and educational and vocational support. Young people can self-refer or be referred by a professional.

Child and Family Services

w. communityservices.act.gov.au

CAFS have a range of programs and services for children, young people and families who are vulnerable or in need of support.

Apps and resources

A Book Just For Me

w. standbysupport.com.au/resources

A dedicated service for men with relationship and family concerns.

For Grieving Teens

w. standbysupport.com.au/resources

A grief journal for teens, produced by StandBy. Activities include what they would say to the deceased, making a playlist of music to express their feelings and ways to accept that they may never know why it happened.

More mental health apps suitable for youth

w. au.reachout.com/tools-and-apps

Suicide in Schools: Information for Parents

w. headspace.org.au/assets/Uploads/Corporate/Suicide-in-schools-Information-for-parents-web.pdf

When a suicide occurs within a school community, it can have a profound emotional effect not only on family and friends, but on students, school staff, parents and the whole community. This downloadable resource explains some of the possible reactions your young person might have following the death of a student, teacher or parent.

Support for veterans and their families

Defense Support Line

w. defence.gov.au/adf-members-families
p. 1800 628 036 (24 hours/7 days a week)

The Defence Family Helpline is a confidential telephone service for ADF members and their families to help them access the support they are entitled to receive from the ADF, as well as identify what services are available in the general community to help solve the problem.

Opens Arms

w. openarms.gov.au/get-support/counselling
p. 1800 011 046

Open Arms offers free telephone and online counselling to all ADF personnel and veterans, their partners, and children, including suicide prevention and intervention. Also run *Operation Life*, a mobile safety plan app designed to help people deal with suicidal thoughts - recommended to be used with the support of a clinician.

Support for the LGBTIQ+ community

QLife

w. qlife.org.au
p. 1800 184 527 (3pm – midnight everyday)

Offers trained peer support workers from the LGBTIQ+ community who can assist with suicidal thoughts, loss through suicide, or advice on how to help someone if there is concern that they need support, through phone support or online chat

A Gender Agenda

w. genderrights.org.au
p. 02 6126 1924

A Gender Agenda aims to support the goals and needs of the intersex, transgender and gender diverse communities of Canberra and the surrounding region.

Aboriginal and Torres Strait Islander Community Postvention Resources

Thirrili National Indigenous Postvention Service (NIPS)

w. thirrili.com.au
p. 1800 805 801

NIPS advocates provide emotional and practical support to families impacted by a loss from suicide.

Grieving the Aboriginal Way

w. dhhs.tas.gov.au/__data/assets/pdf_file/0015/213801/Grieving_the_Aboriginal_Way.pdf
p. 0409 966 515
e. sonia@canberragriefcentre.com.au

This downloadable booklet raises awareness about grief for Aboriginal and Torres Strait Islander people.

Aboriginal Fathers Stayin' on Track

w. stayinontrack.com

Winnunga Nimmityjah Aboriginal Health Service ACT

w. winnunga.org.au/services/clinical-services/visiting-specialists
p. 02 6284 6222

Winnunga has a Board of six Aboriginal people elected by the community. Winnunga AHCS sees over 5,000 clients per year and delivers over 60,000 occasions of service per annum. Winnunga's primary purpose is to provide culturally safe and holistic health and community services to Aboriginal people of the ACT and surrounding areas.

Aboriginal Legal Service (NSW/ACT)

w. alsnswact.org.au
p. 02 6120 8800

Indigenous Portal

w. indigenous.gov.au
A window to resources, contacts, information, and government programmes and services for Aboriginal people and Torres Strait Islanders.

Fact sheets

Be You has produced a series of fact sheets to support staff working with Aboriginal and Islander children and young people and their families after a suicide. These include:

Grief-How-Aboriginal-and-Torres-Strait-Islander-young-people-might-respond-to-suicide-web.pdf (headspace.org.au)

Suicide in schools: Information for Aboriginal and Torres Strait Islander families:

Suicide-in-schools-Information-for-Aboriginal-and-Torres-Strait-Islander-families-web.pdf (headspace.org.au)

When drug and alcohol use or gambling is a concern

Alcohol and Drug Support Line

p. 1800 198 024 (24 hours/7 days a week)

The Alcohol and Drug Support Line is a confidential, non-judgemental telephone counselling, information, and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Parent and Family Drug Support Line

p. 1800 653 203

The Parent and Family Drug Support Line is a confidential, non-judgmental telephone counselling, information and referral service for families and carers concerned about a loved one's alcohol or drug use.

Gambler's Help

w. gamblershelpwestvic.org.au

p. 03 5337 3333 (or 1800 858 858 after hours)

Offers support to anyone affected by gambling, not just gamblers. You can get help for yourself and your family over the phone.

Directions Pathway to Recovery

w. directionshealth.com

p. 02 6132 4800

Directions Health Services provides treatment and support to people and concerned others in the ACT impacted by alcohol, drugs, and other addictions.

Where to seek help for family violence

1800RESPECT

p. 1800 737 732

This is a 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Individuals can also access local support services and search the internet using Daisy, a free app developed by 1800RESPECT that protects user privacy.

Safe Steps (24-hour national hotline)

w. safesteps.org.au

p. 1800 015 188

Victim Support ACT

w. victimsupport.act.gov.au

p. 1800 8222 72 or 02 6205 2066

WESNET

w. wesnet.org.au

p. 1800 937 638

WESNET, the Women's Services Network, is a national peak body for specialist women's domestic and family violence services.

About Wellways

Wellways Australia is a leading not-for-profit mental health and community services organisation. We work with people with mental health challenges, people living with disability, carers, those requiring community care and others facing disadvantage to help them create the life they want to live. We have a commitment to ensuring that all the people we serve have opportunities to fully participate in the community, and we actively work to build communities that seek out and welcome the participation of everyone. Community inclusion underpins all our efforts as an organisation.

Choose different, choose wellways

At Wellways, our experience in both mental health and disability allows us to provide supports and understand your physical and emotional needs.

OVER 40 YEARS OF EXPERIENCE

40

Wellways has been working for people with mental health issues, disabilities and carers for more than 40 years.

MENTAL HEALTH SPECIALIST



We develop and deliver mental health services including suicide prevention, follow-up after care and housing support programs. We understand the challenges and complexity of mental health issues for individuals, families and communities.

COMPLEX NEEDS



Our experienced and trained staff work with people with complex needs and multiple diagnoses.

WORKERS WITH LIVED EXPERIENCE



Many of our workers have a lived experience. At Wellways we value personal experience together with learnt knowledge and believe this contributes to the depth of our programs.

WORKERS WHO IDENTIFY AS LGBTIQ+



Our programs aim to meet the needs of all participants who identify as LGBTIQ+ by providing them access to LGBTIQ+ peer and support workers.

RECONCILIATION ACTION PLAN



We are committed to reconciliation, to closing the gap and addressing injustice in association with Aboriginal and Torres Strait Islander people.

Contact Wellways on **1300 111 400** to find out about services and supports available to help you achieve your goals.

wellways

WELLWAYS AUSTRALIA LIMITED
ABN 93 093 357 165

National Support Office
276 Heidelberg Road Fairfield Victoria 3078
03 8486 4200

Wellways acknowledges Aboriginal and Torres Strait Islander People as the traditional owners and custodians of the land on which we live, work and play and pays respect to their Elders past and present.



wellways.org | **1300 111 400**