

Australian Suicide Bereavement Support Groups

STATE	SUBURB	GROUP NAME	PHONE 1	PHONE 2	CONTACT NAME	EMAIL	ADDRESS	DAY & TIME	MEETING TYPE	MEETING COMMENTS	WEBSITE	Date Checked
ACT	Canberra	Canberra After Suicide Support	1300 656 200			Standby@supportlink.com.au	National Library Café	every 2nd Saturday of the month at 2pm	Open			41195
NSW	Balgowlah	Suicide Bereavement Group	(02) 9949 5522		Kathi			First Tuesday of the month, 7pm	Open	Run by Lifeline		
NSW	Belmont	Suicide Bereavement Group	(02) 4940 2005					3rd Wednesday of the month at 7pm		Run by Lifeline		
NSW	Burwood	Support After Suicide	(02) 8584 7800		Holly Smith	holly.smith@sswahs.nsw.gov.au		first Tuesday of every Monday at 7:15 in Glebe (except Jan)	Open	Department of Forensic Medicine Sydney		41195
NSW	Central Coast	Suicide Bereavement Group	(02) 4323 6105					An 8 week structured closed group, running 4 times a year in the evenings	Closed	Run by Lifeline		
NSW	Coffs Harbour	Lifeline Suicide Support Group	(02) 6651 4093	0422 758 162	Simone Harris	uicidebereavement.coffs@lifeline.org.au	Uniting Church Hall, Gordon Street, Coffs Harbour	Morning: 1st Tuesday of each month Evening: 3rd Tuesday of each month	Open	Run by LifeLine	https://www.lifeline.org.au/north-coast-nsw/suicide-bereavement-support-	41374
NSW	Dubbo	National Assoc. of Loss & Grief	(02) 6882 9222			info@nalag.org.au	Welchman Street, Dubbo	Contact for details.		Individual support. Bereavement buddy group.	www.nalag.org.au	39596
NSW	Gordon	Lifeline Harbour to Hawkesbury	(02) 9498 8805		Ceiny Maybury	admin@lifelineh2h.com	4 Park Ave, Gordon	2nd Thursday of the month 7-9pm.		Run by Lifeline		
NSW	Macarthur	Suicide Bereavement Group	(02) 4645 7200		Jackie Moore	moorej@lifelinemacarthur.org.au	13 McPherson Road Smeaton Grange	Monthly evening group		Run by Lifeline	www.lifelinemacarthur.org.au	
NSW	Newcastle	Suicide Bereavement Group	(02) 4940 2000				Lifeline Newcastle & Hunter office, 12 Maitland Road, Islington	7pm till 9pm on the first Wednesday of each month		Run by Lifeline		
NSW	Penrith	Suicide Bereavement Group	0402 627 696	0413 580 710	Janine Schramm	thesecretary@supportaftersuicide.com.au	PO Box 139, Penrith NSW 2751	Evenings, 2nd Wednesday of the month	Open	Run by The Western Sydney Suicide Prevention and Support Network	http://supportaftersuicide.com.au	39630
NSW	Port Macquarie	Support After Suicide Group	(02) 6581 2800		Lee-Ann Foord	lifematters@lifelinemidcoast.org.au	Lifeline, Sherwood Road, Port Macquarie	4th Wednesday of each month		Run by Lifeline Midcoast NSW	www.lifeline.org.au/midcoast	39575
NSW	Port Stephens	Suicide Bereavement Group	(02) 4940 2000				Tomaree Library, Salamander	7pm fourth Monday of each month				41375
NSW	Richmond	Suicide Bereavement Group	0402 627 696	0413 580 710	Janine Schramm	thesecretary@supportaftersuicide.com.au	PO Box 139, Penrith NSW 2751	Evenings, last Wednesday of the month.	Open	Run by The Western Sydney Suicide Prevention and Support Network	http://supportaftersuicide.com.au	39630
NSW	Sutherland	Sutherland Shire Support After Suicide Group	0412 522 140	(02) 9545 0299	Alison Mackay	admin@scw.org.au	Sutherland United Services Club, East Parade, Sutherland	3rd Tuesday of the month at 7.00 pm	Open		www.southerncommunitywelfare.org.au	
NSW	Tighes Hill	Lifeline Suicide Support Group	(02) 4961 5355				Area), 24A Bryant Street, Tighes Hill	month at 6:00 - 8:00pm		Run by LifeLine		
NSW	Wagga Wagga	Support After Suicide	(02) 6922 4438	(02) 6921 4470	Nola		Wagga RSL Club, Dobbs Street, Wagga Wagga	Even months: 2nd Friday at 12 noon. Odd months: 2nd Wednesday at 6:00pm	Open	Additional contacts: Margaret (02) 6926 1177, Robin & Trevor (02) 6926		
NSW	Wollongong	Suicide Bereavement Group	(02) 4229 1079	0411 143 586	Marilyn Dunn	marilyn.dunn@ae.salvationarmy.org		6-8pm first Tuesday monthly	Open	Salvation Army First Floor Program	www.salvos.org.au/wollongong/assistance/counseling-and-support-the-first-floor-	40677
NSW	Wyoming	Suicide Support Group	(02) 4323 6105		Lesley	ceocc@centralcoastnsw.lifeline.org.au	15 Cary Street, Wyoming	Thursdays 7:00 - 8:30pm	Closed		www.lifeline.org.au/centralcoastnsw	
NT	Woolner	Infinite Circle	(08) 8941 3211	0404 708 744	Louise Bilato or Raelene Chandler	imconcepts@imconcepts.net.au	Unit 2/3 Bishop Street, Woolner	Currently not running due to Govt. funding cuts.				39595
QLD	Annerley	S.O.S. Survivors of Suicide Bereavement	1300 767 022		Cherrie Cran	secretary@sosbsa.org.au	DrugArm Auditorium, 473 Annerley Road, Annerley (Cnr Fanny St)	Fortnightly from Friday 6th January 7:30 pm	Open	P.O. Box 334 Springwood Qld 4127	www.sosbsa.org.au	39549

Australian Suicide Bereavement Support Groups

STATE	SUBURB	GROUP NAME	PHONE 1	PHONE 2	CONTACT NAME	EMAIL	ADDRESS	DAY & TIME	MEETING TYPE	MEETING COMMENTS	WEBSITE	Date Checked
QLD	Broadbeach	Suicide Bereavement Group	(07) 5579 6000				2791 Gold Coast Road, Broadbeach	1st Friday of the month		Run by Lifeline		
QLD	Bundaberg	S.O.S. Survivors of Suicide Bereavement	07 4155 1015		Peter	secretary@sosbsa.org.au	Neighbourhood Centre 111 Targo Street, Bundaberg	2nd Wednesday of every month at 10:30 am	Open	with The Compassionate Friends	www.sosbsa.org.au	39549
QLD	Cairns	S.O.S. Survivors of Suicide Bereavement	07 4045 2955	0407 695 891	Fran	secretary@sosbsa.org.au	Cairns Red Cross Wellbeing Centre Cnr Grove and Lake Street, Cairns Entrance off Grove Street	2nd Tuesday of every month at 7:30 pm	Open	Run by SOSBSA	www.sosbsa.org.au	41073
QLD	Currimundi / Caloundra	Living Beyond Suicide	0407 766 961			eastcoastqld@standbyresponse.com.au	42 Croydon Avenue, Currimundi	month at 10:00am-12 noon.	Open	Please contact prior to attending.	www.unitedsynergies.com.au	
QLD	Gladstone	SOS Gladstone	0407 199 951		Roberta	SOSgladstone@outlook.com.au	Small building behind the woman's health clinic , entry on Buller st . Men are most welcome	2nd Monday 9.30am 4th Monday 6.00pm	Open			41403
QLD	Gympie	<i>Cooloola Bereaved Through Suicide Support Group</i>	0438 895 586				10 Channon Street, Gympie	<i>Last Monday of the month at 5:15 - 6:45pm</i>		<i>Run by LifeLine</i>		
QLD	Hervey Bay	Bereavement Support	(07) 4325 4092	0401 311 468	Olwen		Please contact for details.	Please contact for details.	Small group	Coffee & chat mornings.		39550
QLD	Mackay		0412 448 805	0430 186 149	Kim Brett		Meeting Room 54 Phillip Street, Mt Pleasant, Mackay	2nd Saturday of every month at 2 pm	Open	Run by SOSBSA	www.sosbsa.org.au	39549
QLD	Townsville	Bereaved By Suicide	(07) 4447 7194	(07) 4721 0151	Wendy Saegar			Monday nights fortnightly		Run by The Salvation Army		
QLD	Whitsundays		0430 186 149	0412 448 805	Renee Martin		Crisis & Counsel. Ctre Cannonvale Bus Ctre Shute Harbour Road Airlie Beach	1st Saturday of each month, 2pm	Open			
SA	Adelaide	Bereaved Through Suicide Support Group	(08) 8332 8240			support@bts.org.au	Uniting Care Wesley, 10 Pitt Street, Adelaide	3rd Wednesday of the month at 7:00 - 8:30pm	Open	Car parking is available at Central Market carpark	www.bts.org.au	
SA	Hallett Cove	After Suicide Support Group	(08) 8322 6469				Baptist Centre, Hallett Cove 5167					
SA	Kent Town	Bereaved Through Suicide Support Group	(08) 8332 3373				Enfield Uniting Care, Cnr Main North Road & Park Street, Kent Town	3rd Wednesday of month at 1:00pm				
SA	Kent Town	Bereaved Through Suicide Support Group	(08) 8332 3374				Adelaide Central Mission, 10 Pitt Street, Kent Town	3rd Wednesday of the month at 7:00 - 9:30pm				
SA	Port Noarlunga	After Suicide Support Group	(08) 8326 4416		John Lambert		32 Murray Road, Port Noarlunga 5167					
SA	Port Pirie	Bereaved Through Suicide Support Group	(08) 8636 2535	(08) 8632 1485	Margaret or Bernadette	margaretzitnen@dodo.com.au	Gertrude Street, Port Pirie	3rd Wednesday of the month at 7:00pm	Open			
SA	Victor Harbour	Southern Fleurieu Bereavement Group	(08) 8552 6522				CWA Hall, Cnr Crozier & Hindmarsh Road, Victor Harbour	1st Friday of the month at 7:00 - 9:00pm				
TAS	Hobart		(03) 6224 3450			info.south@lifelinetasmania.org.au		3rd Wednesday of the month 11:30 - 1:30pm (for light lunch)	Call first	Run by Relationships Australia Tasmania		39520
VIC	Ballarat	S.o.S Bereavement Support Group	0427 762 929		Kristy Steenhuis	survivorsosuicide@hotmail.com	Eastwood Leisure Centre, Ballarat.	4th Tuesday of each month, 7pm	Open		www.survivorsosuicide.com.au	39514
VIC	Berwick		(03) 9705 3200		Owen or Brad Desmond	bronwyn.owen@windermere.org.au	Windermere's Berwick Biala, 26 Parkhill Drive, Berwick	2nd Wednesday of the month 6pm - 7:30pm	Open	Run by psychologist & social worker.		39535
VIC	Box Hill	Suicide Social Support Group	(03) 9877 0781	(03) 9840 2965	Jan or Danny		Box Hill RSL, 26 Nelson Road, Box Hill	month (Except December)		Compassionate Friends		

Australian Suicide Bereavement Support Groups

STATE	SUBURB	GROUP NAME	PHONE 1	PHONE 2	CONTACT NAME	EMAIL	ADDRESS	DAY & TIME	MEETING TYPE	MEETING COMMENTS	WEBSITE	Date Checked
VIC	Cranbourne	S.O.S. Survivors of Suicide	0400 667 311		Julie Bendall	jbendall2@bigpond.com	Life Central building, unit 9/50 Station Street Cranbourne.	1st & 3rd Tuesday of each month between 7 and 8.30pm.	Open	Peer support		39535
VIC	Geelong	After Suicide Support Group	(03) 5226 7269			hope@bereavement.org.au		3rd Tuesday of the month 6:30pm	For those who have lost a young person to suicide.	Hope Bereavement Care and Wesley Centre for Life Enrichment.		
VIC	Glen Waverley	Glen Waverley Bereaved By Suicide	(03) 9888 4944	1800 641 091			Community Centre, 700 Waverley Rd, Glen Waverley	1st. Monday evening of each month at 8:00 pm	have lost a child to suicide.	The Compassionate Friends		
VIC	Hampton East	Group - For those bereaved through suicide	(03) 9553 1000	(03) 9587 5959			Centre, Cnr Bluff and South Roads, Hampton East	Meets twice per month 1st & 3rd Wednesday at 7:30pm - 9:30pm			http://www.ourcanberra.com/Canberra_After_Suicide.html	
VIC	Richmond	Support After Suicide	(03) 9421 7640		Louise Flynn	aftersuicide@jss.org.au	326 Church Street, Richmond	8 week support group, 3rd Wednesday of the month group in evenings, & Morning coffee once a month.	Closed, coffee group open.	Counselling also available in Lalor, Dandenong, Ferntree Gully and the CBD.	www.supportaftersuicide.org.au	39592
VIC	Victoria Wide	The Compassionate Friends	(03) 9888 4944	1800 641 091		support@compassionatefriendsvictoria.org.au	173 Canterbury Road P.O. Box 171 Canterbury, Vic. 3126		For those who have lost a child.		http://www.compassionatefriendsvictoria.org.au	
WA	Albany	The Lighthouse Support Group	(08) 9842 2317	(08) 9842 1549	Christina or Caroline	sand_castle@westnet.com.au	The Lighthouse, 39 Albert Street, Albany	Tuesdays at 7:00pm	Open			
WA	Northam	Wheatbelt Support Services	(08) 9622 5539									
WA	Perth Metro	ARBOR	(08) 9266 1029	(08) 9263 2150		arbor@anglicarewa.org.au		Monthly day and night groups available.	Open	Run by Anglicare WA	http://www.anglicarewa.org.au/relationship-services-kinway/arbor-support-for-people-bereaved-by-suicide/default.aspx	