



*Caring, Support, Awareness, Education*  
**Telephone Help Line: 1300 767 022**

*Website: [www.sosbsa.org.au](http://www.sosbsa.org.au)*  
*Email: [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)*  
*Facebook: [SOSBSA](#)*  
*Mail: P.O. Box 334*  
*Springwood Qld 4127*

Welcome to the SOSBSA Information Pack. This pack of information is put together to provide helpful advice and support to you after losing a loved one to suicide. It is designed so that you can separate them and use them as you wish. Further copies of each factsheet are available on our website at [www.sosbsa.org.au](http://www.sosbsa.org.au) under resources / publications. You are welcome to reprint any that you need and as many copies as you require.

Please feel free to contact us at any time that you have any questions or need any support. Know that you are not alone in this awful journey that you are embarking upon and we will be there to support you however we can.

## Mission and Objectives

SOSBSA is a non-profit and charitable association formed for and by people bereaved by suicide, and offers:

- Friendship and support
- Bereavement support groups
  - Grief and loss helpline
  - Awareness and education
  - Promotes prevention
- Crisis intervention helpline
  - Telephone Help Line
    - 1300 767 022

### ▪ Mission

SOSBSA aims to provide inclusive, non-judgmental care through postvention for those affected by suicide, by incorporating education, peer support and by raising awareness.

### ▪ Objectives

- Provide support and a safe environment for those bereaved by suicide when and if needed, to meet and share experiences with others who understand how you feel.
- Provide a telephone support line
- Increase public awareness about suicide, suicide prevention and suicide bereavement through publicity and education
- Form links with other suicide prevention, intervention and postvention groups.
- Actively pursue funding to provide ongoing support where it is needed.
- Establish a face-to-face counseling service.

## Bereavement Peer Support

We provide free, non-judgmental peer support groups for those bereaved by suicide. No membership is required, you can “drop-in” whenever you choose without notice, and discussions are open. We provide facilitators to lead the group and no-one is required to speak if they are not ready. It is a friendly, supportive environment where people with similar experiences can come together to support and encourage each other through their grief. Contact us for details of support group meeting times and venues.

### QLD Helplines

Standby Brisbane 07 3250 1856  
Standby Response Service 0438 150 180  
(24 hour mobile crisis response to suicide bereavement)  
Sunshine and Cooloola Coasts 0407 766 961

### National Helplines

LifeLine: 13 11 14 (24 hour)  
Mensline: 1300 789 978 (24 hour)  
Suicide Callback Line: 1300 659 467 (24 hour)  
National Hope Line: 1300 467 354 (24 hour bereavement support)  
Beyond Blue: 1300 22 4636  
Kids Help Line: 1800 55 1800 (24 hour)  
SANE Helpline: 1800 18 SANE (M-F 9am-5pm)

*Photo by Pia Koskelainen*