



S.O.S.  
SURVIVORS OF SUICIDE  
BEREAVEMENT SUPPORT  
ASSOCIATION INC.

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Springwood Qld 4127

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

Issue No. 16/1

January-March 2016

# President's Report

- *Cherrie Cran*

Hi everyone and welcome to 2016 and our first newsletter.

This year we will be producing newsletters quarterly rather than bi-monthly. This is due to the time limitations on our volunteers and also a struggle to obtain contributions.

Along with this change, this year we will be requesting that everyone receive the newsletter by email, this is due to the recent increase of postage to \$1 per letter. For those that simply don't have an email address and are a financial member, they will be able to continue receiving a hard copy sent through Australia Post. So, please if you can send us your email address and save us on the cost of sending hard copies, that would make this process a lot easier for all of us.

In late November the Australian Government released it's response to Contributing Lives, Thriving Communities - Review of Mental Health Programmes and Services. I have provided you with a copy of the summary from that report. The full report is available online at: <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-review-response>, or you can google it. My reason for including this in our newsletter is because so many of our loved ones have lost their lives to mental illness, and I thought you would be interested to see what changes are in store.

I would like to provide my thoughts on the changes planned, but I could probably write more than the full 10 pages of the newsletter in doing so. I do have to say that if these changes are put into place then we at least will see the start of the changes that need to happen. I would love to hear from you what your thoughts are though. Please email me at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au) with your feedback, and let me know if you mind if I publish your response or quote from it in our next newsletter. I do think it's important that we discuss it and share our thoughts. After all, every time we talk about mental illness we are raising awareness and we all know just how important that is.

## 2016 AGM:

The 2016 Annual General Meeting will be held on 12th February at 7pm. The normal support group will follow with a late start time of 8pm. Please come along and take part in the management of our association. If you are unable to attend please feel free to send a proxy.

It is a requirement for you to be able to vote, stand for office or be a branch coordinator that you are a financial member. Your membership runs out in November each year, and needs to be renewed prior to the AGM for you to be able to vote.

Anyone who has paid their membership since October will be current now until November 2015. Thank you for your membership and ongoing support.

## 2016 Membership:

Your 2016 Membership is now due. You will find a form included with this newsletter. If you don't wish to send in a form, you can also join / renew your membership online. Just go to [www.sosbsa.org.au](http://www.sosbsa.org.au) - about us tab - membership and follow the instructions. You can pay by direct deposit or through paypal. Looking forward to having you join us in 2016.

## Upcoming Events:

**Library Book Sale:** We will be selling library books that are no longer needed at the Logan Central Library on 27th February. This is at 26 Wilbur Street, Logan Central, from 9am to 2pm. We would love to see you there and you'll be surprised at the amazing books you can buy at give-away prices.

Looking forward to an awesome 2016 - and to catching up with you at our support group or other functions.

Love and peace to you all

*Cherrie xoxo*



## !!AGM REMINDER!!

We will be holding the 2016 AGM on  
**12<sup>th</sup> February 2016 at 7pm**

*Healthy Options Auditorium*

*473 Annerley Road, Annerley (Cnr Fanny Street)*

Our regular support group meeting will follow at **8pm**

**Note: you must be a paid financial member to vote at the AGM and to hold office**

**ALL WELCOME**

Come and get involved with how SOSBSA is run and help others.

If you are unable to attend and wish to vote - please send your proxy by **10<sup>th</sup> Feb.**

## **How do adolescents experience the death of a relative or a friend?**

**We are looking for young people to participate in a study.  
We want to learn about the impact of death on adolescents, and how to  
better help bereaved adolescents.**

**You can take part in this study, if you:**

- Have lost a relative or a friend through suicide or other type of death when you were aged between 12 and 18 years old
- Experienced the loss between 6 months and 10 years ago

**You can also participate in the study if you have NOT experienced such a loss during the past ten years**

**What do you have to do?**

The study consists of two parts. You might participate in part 1 and/or in part 2. In the first part of the study we will talk with you (by telephone) on how you have experienced the loss, how this might have affected your personal life and relationships, and what helped or hindered coping with the loss. We will also ask you to fill in a questionnaire.

If you participate in the second part of the study, we will ask you to fill out a questionnaire only.

All participants will receive a \$20 movie or iTunes voucher, as a token of our appreciation.

**For more information, contact Karl Andriessen at:  
k.andriessen@student.unsw.edu.au or phone: 0405 627 748**

Info on our website: <http://www.blackdoginstitute.org.au/public/research/Adolescentgrief.cfm>

**Brisbane Support Group**  
(473 Annerley Road Annerley)

Friday fortnightly at 7:30pm

July 17, 31  
August 14, 28

Contact: Cherrie 0423 567 055



## Management Committee



**President:** Cherrie Cran  
**Vice President:** Donna Cumming  
**Treasurer:** Darrin Larney  
**Secretary:** Eva Sutorowski  
**Members:** Cathy Lane  
Vacant

## Other S.O.S.B.S.A. Support Group Meetings

### Gladstone Support Group

*Currently not operating formally*  
Please Contact Michaelle on 0413 121 512  
If you need support

### Cairns Support Group

2nd Tuesday of every month at 7:30pm.

Contact Fran: 4045 2955  
or 0407 695 891

### Bundaberg Support Group

Neighbourhood Centre  
111 Targo Street, Bundaberg

2nd Wednesday of every month at 10:30 am

Contact Peter: 07 4155 1015

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### Membership

Pensioner / Student	\$20
Adult member	\$30
Family	\$50
Not-For-Profit Org.	\$50
Affiliate Business	\$100

You are now able to do this all online:  
[www.sosbsa.org.au](http://www.sosbsa.org.au) (About us tab/Membership)

or contact [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)

Memberships help pay for printing, copying, mailing  
and our telephone help line.

### SOSBSA Phone

#### Volunteers WANTED

We are looking for expressions of interest  
regarding volunteering for our  
1300 help line.

*Training will be provided.*

Contact [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)  
or 1300 767 022 for more information.

## SOSBSA Facebook

We now have more than **8,810** people who follow us on facebook.

Join in our online support group.

Search **SOSBSA**



## If Tears Could Build A Stairway

If tears could build a stairway  
And memories were a lane  
We would walk right up to Heaven  
And bring you back again

No farewell words were spoken  
No time to say goodbye  
You were gone before we knew it  
And only God knows why

Our hearts still ache in sadness  
And secret tears still flow  
What it meant to lose you  
No one will ever know

But know we know you want us  
To mourn for you no more  
To remember all the happy times  
Life still has much in store

Since you'll never be forgotten  
We pledge to you today  
A hallowed place within our hearts  
Is where you'll always stay

Author Unknown

## Call for Stamp Donations.

You can help us by donating unused stamps for us to use.

It all helps to keep our costs down so we can use our valuable funds in other ways to support the bereaved.

It all helps

Please post to:

P.O. Box 334  
Springwood Qld 4127



## Items for Sale

You can now purchase items from us online with payments through paypal  
[www.sosbsa.org.au](http://www.sosbsa.org.au) ('Items for Sale' tab)

### Mourning Dove Pin

Purchase one of our beautiful pewter Mourning Dove pins to honour and remember your loved one

\$8.00 each (+\$3 postage)



### Grief's Little Emergency Kit

Gentle reminders to keep us strong.  
Fits perfectly into a handbag or drawer.  
A small gift to give someone who grieves when you feel lost for words

\$4.00 each (+\$3 postage)



or email us at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)

# Other Suicide Support Groups

If you would like to add your suicide support group to this page, please email [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)

## Sunshine Coast

### Caloundra Living Beyond Suicide Support Group

42 Croydon Avenue  
Currimundi

Jeanine and Ron —5491 7452

Meetings are held every 1st  
Monday of the month at  
10:00am-12 noon.



## Gold Coast

### Lifeline

2791 Gold Coast Road  
Broadbeach

Monthly: 1st Friday of the  
month

Time: 6:30-8:30pm

Phone: 5579 6000

## Chermside

### Lifeline Brisbane North

766 Gympie Road  
Chermside

Monthly: 1<sup>st</sup> Thursday of each  
month at 6:00pm—8:00pm

Contact: Lyndall Stafford

Email:

[enquiries@ucommunity.org.au](mailto:enquiries@ucommunity.org.au)

Phone: 07 3624 2400



### Also

Lifeline facilitates an 8-week closed  
therapeutic group for the bereaved  
by suicide (daytime at Chermside  
and night time at Fortitude Valley).  
Contact: Lyndall Stafford at above  
phone number or email address.

## VIC

### Survivors of Suicide Inc.

515 Chilsolm St

Ballarat

Monthly: 1<sup>st</sup> Tuesday the month  
at 7:00-9:00pm.

Contact: Pauline: 0438 535 799  
or Kristy 0427 762 92

[www.survivorsofsuicide.com.au](http://www.survivorsofsuicide.com.au)

## NSW

### Lifeline Harbour To Hawkesbury

4 Park Ave, Gordon, NSW  
Monthly: 2nd Thursday of the  
month 7-9pm.

Phone: 02 9498 8805

Email: [admin@lifelineh2h.com](mailto:admin@lifelineh2h.com)

### Lifeline MidCoast NSW

Sherwood Road Port Macquarie.



Meetings held on the 4th

Wednesday of the month.

Contact Lee-Ann 02 6581 2800

or email

[lifematters@lifelinemidcoast](mailto:lifematters@lifelinemidcoast)

[.org.au](http://.org.au)

If you wish to receive this newsletter via email, please email us at  
[secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au)

# Mental Health reform package

## - Australian Government

The National Mental Health Commission's Review of Mental Health Programmes and Services 'Contributing Lives, Thriving Communities', highlighted the existing complexity, inefficiency and fragmentation of the mental health system and presented a compelling case for long-term sustainable reform.

The need for action is critical when considering almost four million people in Australia will experience a mental illness in any one year. Mental illness is the third largest cause of disease burden in Australia after cancer and cardiovascular disease and the largest single cause of non-fatal burden, and results in significant health, social and economic and productivity consequences.

More efficient and sustainable approaches are needed to improve the system for individuals, across the life course and across illness severity, and to improve targeting of efforts. Key system-wide problems highlighted in the Review included:

- Fragmentation, inefficiency, duplication and a lack of planning and coordination at a local level;
- Service delivery based on the needs of providers, rather than on consumer choice;
- Waiting too late to intervene to offer services for people with mental illness, with an imbalanced focus on acute, crisis and disability services rather than prevention and early intervention;
- A 'one size fits all' approach to service delivery that does not optimally match or meet individual needs; and
- Underutilisation of innovative approaches to use workforce and technology.

The Commission particularly highlighted the economic costs and social burden of mental illness and the implications if governments fail to act. The economic cost of mental illness to Australia is enormous, with estimates ranging up to \$40 billion a year in direct and indirect costs and lost productivity. A significant share of this can be averted if the right services are put in place.

The Government has taken the opportunity of considering the challenges raised by the Commission, to ensure a better future is delivered for people with mental illness and their families. The Government

has undertaken a collaborative and consultative approach to develop a comprehensive plan for action. This included establishing an Expert Reference Group to explore how to put some of the Review recommendations on the ground, along with targeted consultations across the mental health sector which have informed this response.

The Australian Government is committed to the system change necessary to improve the efficiency and sustainability of the mental health system. Immediate action will see the mental health system transformed within the next three years, with a significant shift in the way services are planned and delivered, within a stepped care approach to mental health.

This response presents a system-level change in the Australian Government's role in funding and reform, based on the following platforms:

- Person centred care funded on the basis of need;
- Thinking nationally, but acting locally – a regional approach to service planning and integration;
- Delivering services within a stepped care approach – better targeting services to meet needs;
- Effective early intervention across the lifespan and across the care continuum – shifting the balance to provide the right care when it is needed;
- Making optimal use of Australia's world leading digital technology; and
- Strengthening national leadership – facilitating systemic change at all levels and promoting the partnerships needed to secure enduring reforms.

The response outlines nine, interconnected, concrete areas of reform:

### ***Locally planned and commissioned mental health services through Primary Health Networks (PHNs) and the establishment of a flexible primary mental health care funding pool***

PHNs will lead mental health planning and integration at a regional level, in partnership with State and Territory governments, non-government organisation (NGOs) and other related services and organisations. Consumers will benefit from a local service system which is designed and planned around

their needs and which makes the best use of available workforce and services. A flexible pool of funding will be established from which PHNs can commission services to meet local needs.

#### ***A new easy to access digital mental health gateway***

A single gateway will be established offering phone line and online access to navigate mental health services as a first line of support. Consumers will have straightforward access to evidence based information, advice and digital mental health treatment.

#### ***Refocusing primary mental health care programmes and services to support a stepped care model***

Primary mental health programmes and services will be redesigned within a stepped care model, moving from the 'one size fits all' approach to better match services to individual need. The PHN flexible pool will support provision of services within this stepped care model. Consumers will benefit from better targeted services.

#### ***Joined up support for child mental health***

A new networked system will be established, to help reduce the impact of mental illness on children. Children will benefit from being supported by better informed and joined up services, a single integrated end to end school based mental health programme and new pathways to services including online based support.

#### ***An integrated and equitable approach to youth mental health***

Better connections will be made between services and sectors for youth with mental health and related issues, including supporting engagement with education and employment. Young people with or at risk of a range of mental health issues will benefit from services which are better integrated, more equitable, and which meet the need of young people with severe mental illness, and young people with mental health and substance misuse problems. Current programme funding for youth mental health services will be channelled through PHNs, which will commission appropriate services based on community need.

#### ***Integrating Aboriginal and Torres Strait Islander mental health and social and emotional wellbeing services***

Mental health services for Aboriginal and Torres Strait Islander people will be enhanced. There will be better integration between mental health, drug and alcohol, suicide prevention and social and emotional wellbeing services at a regional level, with skilled

teams providing support for Aboriginal and Torres Strait Islander people with mental illness.

#### ***A renewed approach to suicide prevention***

People at risk of suicide will be better supported in their local community through a new evidence based approach to suicide prevention, including a systematic and planned, integrated and regional approach, replacing the current piecemeal approach. Negotiations with states and territories will seek to ensure that people who have self-harmed or attempted suicide will receive critical follow-up support, and efforts to reduce suicide among Aboriginal and Torres Strait Islander people will be refocused.

#### ***Improving services and coordination of care for people with severe and complex mental illness***

People with severe and complex mental illness will benefit from new innovative approaches to coordinating and packaging available services and funding to better meet their multifaceted needs, from new assessment arrangements and from ensuring the National Disability Insurance Scheme delivers on its promise in providing choice and control for people with a disability arising from mental illness.

#### ***National leadership in mental health reform***

The Australian Government will lead the mental health reform actions outlined in this response, which are critical to implementing an improved, efficient and sustainable mental health system. The Government will also continue its ongoing responsibilities in promotion, prevention and stigma reduction activities, supporting consumer and carer engagement, building the evidence base and ongoing monitoring to enable continued improvements in mental health. As part of this leadership role the Government will support the development of the Fifth National Mental Health Plan, which emphasises the linkages between state funded acute facilities and the new primary mental health environment. In addition, the Plan will be an opportunity to develop an appropriate performance framework and national indicators for measuring progress towards reform in this context.

The Australian Government is committed to change – real and meaningful change – in the delivery of mental health and suicide prevention and improving the system for the benefit of all Australians. The Government is pleased to announce this reform package but recognises that the changes will be significant and need to be staged in a way that avoids



disruption to service continuity for consumers and providers alike. To this end we will work closely with

stakeholders to successfully implement these critical reforms.

### PhD Study on Worldviews and Depression

Do you know someone who has received a diagnosis for major depression that may like to share their worldviews, such as their spiritual, religious or secular beliefs, as well as their experiences with mental health care?

My name is Anne-Marie Snider and I am sociology PhD candidate from the University of Queensland. Currently, I am seeking volunteers around the Brisbane area over the age of 18 that are open to discussing their spiritual, religious or secular beliefs, and their experiences with depression.

If you or someone you know may be interested in participating, email me on [a.snider@uq.edu.au](mailto:a.snider@uq.edu.au) to receive an information sheet and set up a time to discuss the details of the study further.



### Redlands Suicide Bereavement Group

Have you been impacted by suicide? Losing a love one, friend, co-worker or an acquaintance to suicide can bring up all sorts of mixed emotions such as fear, anxiety, rejection, anger, depression, guilt, loneliness and blame. It is a common experience to become triggered by comments, events and memories. This support group encourages people to make sense of their loss by sharing experiences, challenges, asking questions and remembering our loved ones.

***“Grief isn’t something you get over... it’s something you go through”***

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month

**Where:** Redlands City Lions Club  
122 Shore Street, Cleveland  
(Next to the Old School House Gallery)

**Time:** 7:00- 9:30pm

**Cost:** Free

For more information please contact:

Redlands Suicide Bereavement Group 

Kelly on 0488 234 812      Rose on 0422 124 564

Kerrie on 0401 938 806      Maria on 0432 482 213

E: [rsbgqld@gmail.com](mailto:rsbgqld@gmail.com)

PO Box: 7399, Redland Bay, QLD, 4165

*\*RSBG is not able to provide crisis counselling, please phone Lifeline on 13 11 14.*

# In Memoriam



If you would like an 'in memoriam', please send an anniversary record to us at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au).

**For everyone whose anniversary of their loved one is during January to March :** On this anniversary of your loved one's death, may you remember the best experiences you shared, the most meaningful words that were spoken, the happiest moments you had together and the comfort that has given you the courage to go on.

Loved one lost to suicide: **Daniel Orr**

Date of Birth: 5 July 1972

Message: *You chose to leave us, It would not have been easy, Your last few weeks unbearable, Seemingly no chance, This life was not soft enough for you, My dear brother, May the clouds be the buffer that Keep you afloat and happy now. Your loving sister, Michelle*

Your Name: *Michelle Sparkles*

Date of Birth: *4 Jan 2009*

Loved one lost to suicide: **Neville Graham Dykes**

Date of Birth: 28 Jan 1950

Message: *You are always in my thoughts & you live on in my heart. Much loved & sadly missed - your partner & soulmate, Donna*

Your Name: *Donna Cumming*

Date of Death: *31 Jan 2011*

Loved one lost to suicide: **Brock Joseph Nicholson**

Date of Birth: 18 June 1986

Message: *We miss you more each second that passes, it has been four very long years since you left us. We love you and miss you so much. Love forever Mum, Harley and Kodie xoxoxo*

Your Name: *Narelle Schonhardt*

Date of Death: *28 March 2010*

## 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)**