



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

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

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January – March 2017

# Instagram's New Reporting System

- From 'The Mighty'

The following is an article published by The Mighty about Instagram's new Self Harm and Suicide Reporting System, published on 24<sup>th</sup> October 2016. If you want to read the article and see the graphics please go to <https://themighty.com/2016/10/instagram-releases-new-reporting-system-for-self-harm-and-suicide/>

## Here's How Instagram's New Self-Harm and Suicide Reporting System Works

Last week Instagram released a new feature that lets users flag posts containing images or messages containing references to [suicide](#) and [self-harm](#). In the past, flagging these images as inappropriate would result in them being deleted. Now, users whose posts have been flagged will receive a message from Instagram with support resources. The app's latest update will also offer you a list of mental health resources if you search the app for keywords – suicide, [depression](#), self-harm, etc. – that indicate you might need support.

### Reporting a Photo That Contains Suicide or Self-Harm Imagery

If you stumble across a post that leaves you concerned about a user's mental health, you can flag the post as "self injury," and let Instagram know you think that user needs support.

To report the photo, tap of the three dots on the right of the person's username. You will then see an option to report the photo. After hitting report, you have two options – "It's spam" and "It's inappropriate." Choose "It's inappropriate."

When asked why posts featuring references to suicide and self-harm were categorized under "inappropriate," a spokesperson for Instagram told The Mighty that inappropriate is the term Instagram uses for reporting any items that are not spam.

After selecting "It's inappropriate," you will be redirected to a menu that lists a number of reasons why a photo might be flagged. Pick the first one, "self injury."

Instagram will then ask you if you want to report the post as "self injury," explaining that the app removes posts that encourage or promote self-injury including references to suicide, cutting and [eating disorders](#). The app also removes photos identifying people who self-injure, especially if the post attacks or makes fun of the person.

Once a post is reported, it gets sent to a team which monitors flagged posts. Posts are monitored all day, every day, the company said in a press release. If Instagram's team agrees with your assessment, the user whose post you've reported will get the following message, "Someone saw your posts and thinks you might be going through a difficult time. If you need support, we'd like to help." From there the reported user can view a list of support resources such as talking to a friend,

calling a helpline and accessing a list of tips and support compiled by Instagram and the [National Eating Disorders Association](#); Dr. Nancy Zucker, an associate professor of psychology and neuroscience at Duke University; [Forefront](#), a University of Washington initiative studying suicide prevention innovations; [National Suicide Prevention Lifeline](#); [Save.org](#); [Samaritans](#); [Beyond Blue](#); [Headspace](#) and people with real-life experience managing mental illness.

### Searching Tags With Flagged Keywords

If you are searching for posts like suicide, depression, self-harm, cutting, etc. Instagram will immediately show you a dialogue box offering the same resources as users whose photos have been reported.

If you choose “Get Support,” you will be taken out of the Instagram app and redirected to Instagram’s website where you will see a list of support resources.

The resources and hotline information you see depends on your location. Instagram has partnerships with over 40 organizations around the world, ensuring those who need help are connected with the most appropriate resources.



**\$35 Per Person  
(+ booking fee)  
\$350 Table of Ten  
(+ booking fee)**

**Entry Includes  
Comedy Show  
Food Platter  
(per table)  
Lucky Door Prizes  
& Surprises**

**Raffles & Auctions**

**Wynnum Manly  
Leagues Club  
92 Wondall Road  
Manly West**

**SUNDAY 5  
MARCH 2017  
SHUT THE GATE  
COMEDY EVENT**

Join us for a fun filled day as we honour Mitchell Heilig and raise much needed funds. Follow us on Facebook: [Shut The Gate Comedy Event & Instagram](#)  
[@shut\\_the\\_gate\\_comedy\\_event](#)

**SEATS ARE LIMITED**  
Book early to avoid disappointment  
[www.eventbrite.com.au](http://www.eventbrite.com.au)  
ON SALE NOW

# Presidents Report

- *Cherrie Cran*

Hi everyone and welcome to the first newsletter for 2017.

At the beginning of a New Year we often look back into the past year and beyond. This can be a good or bad thing. I'm hoping for each of you that when you look back your memories of those you have lost are happy ones and that you see that you are moving forward in this struggle / journey that is suicide grief.

For those of you who have just celebrated your first holiday season without your loved one, we send special hugs and want you to know it does get better, even if you can't see it now. Hang in there, don't give up on yourself or your loved ones still here. You will make it.

You will notice the first article in this issue is about the Instagram app and how it's helping provide support to those who might be in need. This isn't the first social media app to do this. Facebook also has a program. It's certainly gratifying to see that these applications that form 'communities' are starting to behave like that – and are not ignoring the issue at hand.

This newsletter also brings a couple of important announcements:

**Annual General Meeting – 24<sup>th</sup> February at 7pm (details below)**

## !!2017 AGM!!

We will be holding the 2017 AGM on

**24<sup>th</sup> February 2017 at 7pm**

*Healthy Options*

*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**

**5th Australian Postvention Conference – 23rd – 25th March 2017 – Sydney (details on pages 9 and 10)**

You will see an advertisement for the Postvention Conference that will be held in Sydney in March. Any questions please email me at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au).

**Shut The Gate Comedy Event (details on page 2)**

This event is being held to raise awareness of suicide and funds – for ourselves and lifeline. Hope to see you there.

### Newsletters

We are always on the lookout for quality articles to share in our newsletters. If you have anything that you would like to share with everyone, please email me at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au). Also please don't forget to send through your 'In Memoriam' notices in time for them to be included.

Take care and be kind to yourself

*Cherrie xoxo*

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

Friday fortnightly at 7:30pm

January – 13, 27

February – 10, 24(8pm start for AGM)

March – 10, 24

Contact: Cherrie 0423 567 055



**Management Committee**



**President:** Cherrie Cran

**Vice President:** Donna Cumming

**Treasurer:** Darrin Larney

**Secretary:** Sinead McMullan

**Members:** 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*

**Disclaimer:** *Unless expressly stated, the views expressed in articles, poetry etc in this newsletter are not necessarily the views of SOSBSA. Any articles, poems, quotes that are stated as 'author unknown' within this newsletter are reproduced in good faith and do not intentionally contravene copyright laws.*

### 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 **15,000** people who follow us on facebook.

Join in our online support group.

Search **SOSBSA**



## 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)



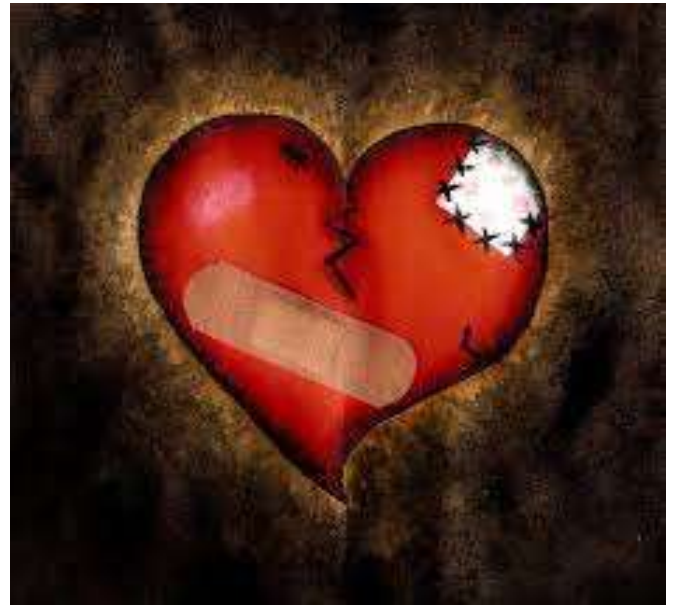
### Grief's Little Emergency Kit

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)



## Troubled Heart

Published on December 2011

The moment you took your life  
I felt mine ended too.  
If I could only turn back time  
there's so much I would undo.

I didn't see the warning signs.  
You held them deep inside.  
Struggles you were going through  
you did so well to hide.

I'm left with guilt and sorrow,  
and confusion as to why  
you didn't tell me of your pain  
and felt you had to die.

Every soul is precious  
in the eyes of God above.  
He will heal your troubled heart  
with His never ending love.

I'll put my faith in Him,  
as I pray my heart will mend,  
and keep you in my memory  
'till I'm with you once again.

© Ron Tranmer

Source:

<http://www.familyfriendpoems.com/poem/troubled-heart>

# 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)

# My New Year's Resolutions in the Aftermath of Losing My Son to Suicide

- Maria Dillon (from website *The Mighty*)

This time of year always makes me contemplative, in part because of the eternal question “Have you made a New Year’s resolution?” — but mostly because I’m on holiday. The long, lazy summer days stretch in front of me, and I don’t have as much to occupy my mind with as I do when I’m at work.

So my mind void chews away on the year that is about to close, and I consider what might be different in the year to come. I’m really not big on making empty promises to myself. Sure, I’d love to lose some weight (the drugs my lungs need make that tricky). Financial security is also rather alluring; imagine earning money and knowing there will be a considerable chunk of that left after all the bills have been paid. And love, the holy grail of New Year’s wishes; just give me love and happiness and peace on Earth. Yup, all really worthwhile goals, yet they don’t really ring true for me. I’d much rather be happy in the body I live in (whatever shape it happens to be today), and be thankful for the money I do have and the security it offers me, and look for the little blessings in each day, appreciating the loved up moments and the joyous happiness that does sometimes creep up on me unawares.

So, if it’s not the big-ticket items, what is it I wish for in the year to come?

I’d love to be able to package up my baggage and deposit it in a longterm locker in the train station that is 2016, as I board the fast-moving 2017 locomotive. As I contemplate a new relationship as a 50-year-old (who was determined to remain single), I want to be able to enter that with an open heart and let loose the fear of past encounters, so I don’t layer that on to what might be possible in the New Year.

I want to let go all the uncertainty and angst that comes with waiting for the official coroner’s report into my son’s [suicide](#), and also the coroner’s decision on suppression. My son Harry died on November 24, 2013; that is a very long time to be steeped in the tragic details surrounding his untimely death and the need to refresh those regularly, as the slow-moving legal system processes the very limited words and facts they have to sum up the life of my beautiful boy. I desperately want to be able to speak the words, write the words, release the pent up feelings of love and loss. I will love my beautiful boy forever. And in my love for him, I also acknowledge that my heart cannot remain static and broken; I need to heal, I need to move forward into the “new normal” that is life without my miracle baby.

My daughter also occupies my thoughts a lot at this time of year (at any time of year). She has been through more than I feel any child should, losing her brother and her father within a three-month period. She has shown her character through her strength through those losses, and she astounds me daily with her backbone and her compassion and her overflowing empathy; she has the most beautiful heart. I would package up any lingering pain that assails my lovely daughter and shove that away in my 2016 locker as well — and wish to see her grow wings and soar into a beautiful, exciting, challenging 2017.

I suppose, then, that my New Year’s resolution is to move forward, to keep moving forward, one small step at a time. To keep my eyes open, so I can recognize the wonderful little moments that money cannot buy. I wish for unencumbered happiness in 2017, for me and for all of the people I care for.

In this lazy puddle of post-Christmas, summer bliss, I find anything is possible, even big-ticket items like finding happiness in every day, not just the stray happy bubbles that ambush me when I’m not focusing on my pain. Happiness then: pure, glittery, light and delicious. That is all I need. Package away the past pain, and be happy, Maria. Just be happy.

This article can be found at : <https://themighty.com/2016/12/new-years-resolutions-after-losing-my-son-to-suicide/>

# 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: **Neville Graham Dykes**

Date of Birth: 28 Jan 1950

Message: 6 years have gone by without your presence in my life. I miss your face, your laughter & your touch. I just miss you & that will never change. Loved & remembered every day ..... your soulmate, Donna ❤️

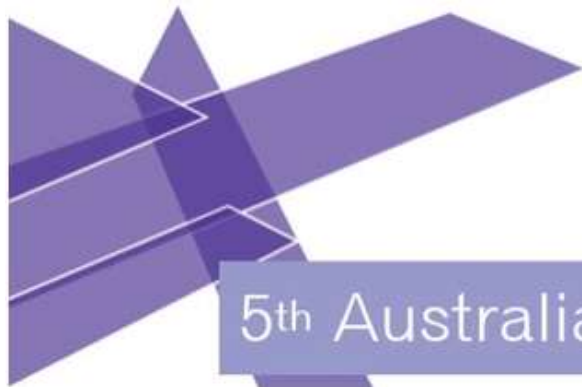
Your Name: *Donna Cumming*

Date of Death: 31 Jan 2011

**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)





## 5<sup>th</sup> Australian Postvention Conference

### **Invitation**

#### **5<sup>th</sup> Australian Postvention Conference**

**23<sup>rd</sup> - 25<sup>th</sup> March 2017**

#### **University of New South Wales, Sydney**

On behalf of Professor Diego de Leo and the Board members of Postvention Australia, an invitation is extended to you to participate at the 5<sup>th</sup> Australian Postvention Conference (attached). Information about conference plenary and workshop presenters are attached. Conference registration and abstract submission can be found on the [conference website](#).

Pre-conference workshops are being held on Thursday 23<sup>rd</sup> March. We are planning a half-day workshop under the title "Stronger Together: Facilitating a Suicide Bereavement Support Group". The workshop will be conducted by Louise Flynn PhD (Manager, Support After Suicide from Jesuit Social Services), her colleagues from Support After Suicide and Lyndall Stafford (Psychologist, Senior Practitioner, Suicide Bereavement Group Coordinator at Lifeline). We invite your participation at this pre-conference workshop.

On our website, we have [listed over 50 support groups](#) that are currently operating throughout Australia. We are inviting these support groups as well as others to attend this workshop.

We are forwarding out invitations to you and other organisations interested in learning the skills to facilitate an effective support group, who are either currently facilitating a group and wish to sharpen their facilitator skills or individuals wishing to start a support group for those struggling with suicide loss grief.

- Mental health professionals and survivors of suicide loss who wish to start a support group.
- Current group facilitators who want to strengthen their skills, stay up to date on the latest practices, and explore issues they have encountered while facilitating.
- Bereaved by suicide interested in starting a support group, who have waited at least two years after experiencing a loss of a loved one to suicide.

This special workshop will provide learning opportunities to enrich your skills as a facilitator and create a new and expanded vision of group processes. It will also provide assistance / educational tools and resources to leaders of existing support groups, and opportunities for sharing and networking with other support group attendees. A forum will be held during the workshop, at which time support group facilitators will be able to ask questions. You are also encouraged to bring information/resources that could be shared with other facilitators.

## Bereavement and Support Group Facilitator Registration Fees

We are offering again special rates of registration for the bereaved by suicide and facilitators working with the bereaved in support groups.

	Bereaved / Facilitators	Concession	Standard
Pre-conference workshops	\$75.00	\$150.00	\$250.00
Early Bird Full Conference (Fri & Sat) incl. Conference, Welcome Reception and Conference Dinner (early bird closes Friday 3 <sup>rd</sup> February 2017)	\$300.00	\$390.00	\$550.00
Standard Full Conference (Fri & Sat) incl. Conference, Welcome Reception and Conference Dinner	\$330.00	\$430.00	\$620.00
Friday 24 <sup>th</sup> March Only (Early Bird)	\$100.00	\$195.00	\$275.00
Saturday 25 <sup>th</sup> March Only (Early Bird)	\$100.00	\$195.00	\$275.00
Additional Conference Dinner Ticket	\$75.00	\$80.00	\$85.00

## TESTIMONIAL

Dear friends,



I encourage those who have been bereaved by suicide, together with service providers, to attend/participate at the 5th Australian Postvention Conference hosted by the National Association for the Bereaved by Suicide to be held on the 23rd - 25th March 2017.

I commend the Postvention conference, which provided to me Hope, Support, Comfort and Healing in my grief journey following the loss of my very loved husband in 2008.

The Healing and Remembrance Service, which is held on the last day of the conference, assists the bereaved in their grief journey, providing comfort, hope and support for those who have lost loved ones to suicide.

The suicide of someone you care about is a devastating tragedy. It happens in the best of families and to the best of people, it does not discriminate, shattering the lives of shocked survivors. As you mourn you probably feel a sense of betrayal, you have invested years of caring and loving into the deceased and suddenly you are abandoned and rejected. Because you are bewildered by what has happened you search for answers, you are often filled with a sense of guilt for suicide seems like not only a loss but also an accusation. You may feel that somehow you "were not good enough".

The suicide of a loved one is a terrible blow to one's self image, and unfortunately, the perceived shame keeps many survivors from acknowledging the suicide and talking about it. This is where the Australian Postvention plays its vital role for us, the survivors of suicide! They know that recovery from suicide of a loved one is a monumental task but they have the people and resources to walk us through each hurdle that confronts us. They have both expertise and boundless empathy, and combined these will begin your healing process, for once you place your pain at the service of others, you can begin to move forward from darkness to hope, from death to a renewed commitment to life!

The Postvention Conference helped give my life back to me after my husband, a highly respected police officer and a very loved husband and devoted father took his own life at Christmas 2008.

Yvonne Collis