



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

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Caring, Support, Awareness, Education
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Issue No. 15/4

July / August 2015

Welcome to the July/August 2015 newsletter. We apologise that this newsletter is late, but the volunteers of SOSBSA have been very busy this month. The following articles hopefully will help you understand this complex grief.

Grief after Suicide

- Taken from www.buddhanet.net

This article provides practical suggestions to help you toward healing under the headings:

- Why Suicide?
- Initial Shock – this isn't happening!
- Anger – Why am I so angry?
- Guilt – if only I'd done something more
- Relief – I'm almost glad it's over
- Stigma – What do I tell people?
- Talking to Children
- Suicide is not inherited
- Looking ahead

Someone close to you has died. Your grief is intensified because the death was a suicide. The healing process will be painful and often seem unnaturally slow. Understanding your emotions, as well as learning something about suicide in general, may ease your grief.

WHY SUICIDE?

Suicide cuts across all sex, age, and economic barriers. People of all ages complete suicide, men and women as well as young children, the rich as well as the poor. No one is immune to this tragedy. Why would anyone willingly hasten or cause his or her own death? Mental health professionals who have been searching for years for an answer to that question generally agree that people who took their own lives felt trapped by what they saw as a hopeless situation. Whatever the reality, whatever the emotional support provided, they felt isolated and cut off from life, friendships, etc. Even if no physical illness was present suicide victims felt intense pain, anguish, and hopelessness. John Newer, author of *After Suicide*, says, "He or she probably wasn't choosing death as much as choosing to end this unbearable pain."

Were there financial burdens that couldn't be met? ...marriage or family problems? ...divorce? ...scholastic goals that weren't achieved? ...loss of a special friendship? ...the death of a close friend or spouse? A combination of these or other circumstances could have precipitated suicide, or it could have been a response to a physiological depression. Although many people face similar problems and overcome them, your loved one could find no

solution other than death. But sometimes there are no apparent causes. No matter how long and hard you search for a reason, you won't be able to answer the "WHY" that haunts you. Each suicide is individual, regardless of the generalisations about the "whys", and there may be no way you will completely understand the suicide victim's thought process.

As you look for answers and understanding, you also need to deal with your feelings of shock, anger and guilt. The intensity of your feelings will depend on how close you were to the deceased and the degree of involvement you had with his or her life. As each suicide is individual, so will your reaction, healing, and coping process be unique. The general observations that follow may help you deal with your grief.

ANGER – WHY AM I SO ANGRY?

As a relative or loved one coping with a suicide death, you may experience anger, often directed at the deceased – "How could he do this to me?" If the deceased was receiving psychiatric or medical care you may ask, "Why didn't THEY prevent it? You may find yourself angry with God for "allowing this to happen". The anger may be self-directed – "What could I have done?" or "Why wasn't I there?"

Don't try to deny or hide this anger. It is a natural consequence of the hurt and rejection you feel. If you deny your anger, it will eventually come out in other, possibly more destructive ways and it will prolong the healing process. You need to find someone you can talk to about this feeling – perhaps a close friend or your clergyman. You may need to release your anger physically; take long brisk walks or any exercise that is reasonable for your physical capabilities.

Your anger with the deceased is normal when the manner of death is suicide. The deceased has thrown your emotions into turmoil, and caused pain for you and for others you care about. Anger with the medical or mental health profession can occur if the suicide victim was receiving treatment or therapy. Though you may have had experience with someone unable to help, the professionals are dedicated and well trained, providing help for many people. These professionals will be the first to recognise that your anger is a valid emotion.

If you're angry with God, share your feelings with a sympathetic clergyman even if you don't have any close religious ties. Hewett says, "If you're ticked off at the Almighty, for His sake, tell Him. God is the only one prepared to handle all your anger."

Don't deny your anger. Talk about it, think about it, and constructively deal with it.

GUILT – IF ONLY I'D DONE SOMETHING MORE

Perhaps the most intense anger you experience will be the way you feel about yourself. This anger is closely linked with feelings of guilt. "But I just talked with him!" "Why didn't I listen?" "If only... I should have..." etc. You'll think of a lot of others.

If the deceased was someone with whom you had regular close contact, your guilt possibly will be intense. And if the death came as a complete surprise, you will be desperately searching for reasons. A person who completes suicide has usually given out some clues, and as you look back on the last few months (or years) maybe you can now see some hints you missed earlier. You'll wish you'd recognised the problem early enough to do something about it.

Perhaps you were aware of the deceased's suicidal feelings and you did try to help. You may have thought you had because in the time proceeding the death you noticed he or she seemed to be feeling a lot better and you relaxed your concern. You need to know it's not uncommon for a suicidal person to feel better once the decision to die has been made. The problem has not been resolved, but the victim has found an answer – suicide.

As you are trying to cope with your guilt feelings, try not to criticise yourself too harshly for your behaviour toward the victim while he was alive. Are you now wishing you could have found the right solutions or offered more support? Thoughts like "I shouldn't have gone to the movie", or "I should have been there", may constantly be running through your head. If you had stayed home, or if you had been with him, the suicide could and possibly would have happened at another time. If you feel your presence at a particular time could have prevented the suicide, you are assuming too much. Of course we all like to think we can help our troubled friends and families, and we do try. But, the person determined to complete suicide is likely to accomplish it.

If you realistically feel there was something you could have done, face it, think about it, and accept it. Your loved one can't be helped any more, and you need to go on with your life. You can learn from, and grow with, your experience.

Some people believe an individual has a right to end his life. The term 'rational suicide' is used to describe a suicide that has been thought about, and planned, perhaps as a way of dealing with a painful terminal illness. This is an area of controversy, and whether you accept it or not, what you do need to think about is that the suicide was an individual decision – rational or not. It was his choice, not yours. You may accept this intellectually long before your emotions accept it.

What value does your anger or guilt have in the healing process and beyond? Rather than letting the hurt isolate you, share your time and understanding with someone else who is hurting. You can provide friendship and support. Get involved with others; actively support suicide prevention services in your area, or any worthwhile cause or issue that means something to you.

RELIEF – I'M ALMOST GLAD IT'S OVER

If you were closely involved with the deceased, perhaps his pain and suffering had become an emotional drain for you. You may have felt unfairly burdened, or just exhausted from being involved with an intense situation. Now you may be feeling a sense of relief that you don't have to worry any more, or perhaps relief that the deceased's pain has finally ended. A sense of relief when a difficult situation ends is normal. When the 'end' is an unhappy one, the relief can still be there, but now it is coloured with guilt. Remember, don't expect perfection of yourself, accept your relief and don't let it grow to inappropriate guilt. The late psychiatrist, Dr. Theodore Reik, said, "One can feel sorry for something without feeling guilty". Remember, too, that the suicide victim saw death as the only relief possible at that particular time.

STIGMA - WHAT DO I TELL PEOPLE?

The stigma or shame, you may think others associate with suicide, stems in part from its historical and religious interpretations. Early Roman and English laws established suicide as a crime because it was thought a person ended his life to avoid paying taxes! Though the Bible itself contains no prohibition against suicide, the early Christian church equated suicide with murder. Today very few laws exist that equate suicide with crime, and those few are rarely invoked.

If your friends seem uncomfortable talking about the death, or even being with you, it's most likely the type of discomfort felt when facing death of any kind, or a reaction to your discomfort. And if you're not comfortable relating the circumstances to others, don't. Your close friends will already know. Let others simply respond to the death of your loved one. You don't need to share the complete story with those not close to you any more than you would share all the details of a recent surgery with them.

However, it is very important that you do confront the word 'suicide'. Practice thinking, hearing, and saying it. Don't try to do this alone. You need someone, or several people, with whom you can share your feelings. For a few days – possibly a week or two – you may want to isolate yourself and take time to recover by yourself. But don't cut yourself off for too long. Let friends and relatives help you. No one will have any magic answers for you. No one will be able to make you hurt less. But the healing and coping process requires that you talk about your feelings – about all the sadness, anger, hurt and guilt you are carrying around inside you. Friends may provide all the emotional support you need or you may want to join a mutual support group and meet with others who have experienced the suicide of a loved one. The suicide hotline in your area may be able to offer you some understanding and support over the telephone. Often these hotlines are answered 24 hours a day by people especially trained to help you through the rough spots. They will understand your feelings and help you find ways to work things out.

If you need some professional counselling, your doctor, clergyman, or your Mental Health Association can help you find appropriate services. Remember, you may be blaming yourself in some way but here are people who will share your sorrow and help you see things more clearly.

TALKING TO CHILDREN

If the deceased was a parent, or if there are children who were close to the deceased, talking to the children about the death may be one of the most difficult tasks you face. You can't ignore their needs, especially if you are the primary adult in their lives.

The National Institute for Mental Health says, "By talking to our children about death, we may discover what they know and do not know – if they have misconceptions, fears, or worries. We can help them by providing needed information, comfort, and understanding. Talk does not solve all problems, but without talk we are even more limited in our ability to help."

Even very young children will be aware of the death of someone in their lives, and they need an opportunity to ask questions and to get truthful answers. If you're reluctant to talk about suicide – what it means and why it happened – remember that the children are likely to hear about it from other sources, and their confusion will be intensified if they have not had some communication with you. You will need to let them know that the suicide victim was unhappy without giving the impression that death is the answer to unhappiness. You will need to let them know that the deceased felt he had a lot of problems or was ill, without giving them the slightest reason to suspect that they were the cause of the problems or responsible for the illness. They need assurance that YOU will be with them for a long time and that your unhappiness over the death will not be reason for your death. Older children may be more aware of the circumstances surrounding the death but may be less open about sharing their feelings. They may also feel more responsible than young children and search harder for answers. They may be freer to blame someone, you, for instance.

All children may need some time – a few days at most – to think about the death, to probe their feelings, and to formulate their own questions. The young child's natural openness may make it easier for him to talk about the death. An older child's growing sense of maturity may prevent him from sharing feelings. Some children, regardless of age, won't ask questions at all and you need to encourage communication. As comfortable as it may be for you to 'let it ride', don't do it. Children, like adults, need to talk about and share their feelings about the suicide. Their reactions may be similar to yours. They may seem insensitive or they may show more anger, hurt, and guilt. You need to accept their reactions, whatever they are, even if you don't fully understand them.

If communication with a child is difficult, make it a point to talk with people the child has contact with, especially teachers. Teachers need to know what the child is reacting to and they could help you pinpoint emotional responses that may be emerging, such as a change in behaviour at school. They can help you reach the child and provide additional support.

Whether your children are preschool or teen, be honest and listen to what they say as well as to what they do. Make time to be with them. Accept their feelings and share your own. When they ask questions you don't have answers for, don't ignore those questions or make up answers. Especially when the death is a suicide, a lot of 'answers' will be "I don't understand either".

Just as you need emotional, non-judgemental support from someone close to you, your children need your support at this time. Your library or the local book store may be able to recommend some reading material that will help you discuss death with your children, or books to read to them.

SUICIDE IS NOT INHERITED

Suicide may occur more than once within a family, but it not something that is inherited. In a family, or even among friends, suicide may establish a destructive model or a behaviour to imitate. Thoughts of your own suicide are not an uncommon reaction to the suicide of someone you love and may surface immediately, or years later. A fleeting thought now and then shouldn't cause alarm. But extended depression and continuing suicidal thoughts need immediate attention. Don't hesitate to seek out professional help if your problems seem more than you can handle alone.

LOOKING AHEAD

Your grief and sadness will eventually subside, and you will be able to pick up the pieces of your life and rebuild. There will be times, however, when these feelings will surface very strongly. Holidays or other special times, may renew your sadness. Especially for the first year, you'll need to decide if you want to maintain traditions you shared with the deceased or if you want new settings and activities to ease painful memories. On the anniversary of the death, you may want to be alone, attend church, or observe the day in a manner that means something special to you. You may prefer to spend that time with someone close to you or make plans for a family gathering. You can't avoid these periods of sadness, but whenever possible, try to plan ahead so that they won't be overwhelming. And sometimes, your loneliness and sadness may come back for no special reason. Be prepared to face this also. Ask for help from friends or a counselling service, if you need it. You can't expect to forget, but you will be able to cope

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
Claire Howard
Vacant

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

Gladstone Support Group

Currently not operating formally
Please Contact Michelle 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 (About us tab/Membership)

or contact 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
or 1300 767 022 for more information.

Exploring the uniqueness of your suicide grief

By Alan D. Wolfelt Ph.D. ~ from www.griefwords.com

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love, and to be greater than our suffering." ~ NBen Okri

The wilderness of your grief is your wilderness. The death of someone from suicide feels unlike any other loss you may have experienced. The traumatic nature of the death may leave you feeling turned inside out and upside down. Your wilderness may be rockier or more level than others. Your path may be revealed in a straight line, or, more likely, it may be full of twists and turns. In the wilderness of your journey, you will experience the topography in your own unique way.

When suicide impacts our lives, we all need to grieve and to *mourn*. But our grief journeys are never exactly the same. Despite what you may hear, you will do the work of mourning in your own unique way. Do not adopt assumptions about how long your grief should last. Just consider taking a "one-day-at-a-time" approach. Doing so allows you to mourn at your own pace. One of my personal affirmations is "No reward for speed!"

This article invites you to explore some of the unique reasons your grief is what it is the "whys" of your journey through the wilderness. The whys that follow are not all of the whys in the world, of course, just some of the more common.

Why #1: The circumstances of the suicide

Obviously, the circumstances of suicide impact the terrain of your journey. I have outlined below many specific features surrounding potential aspects of your experience. As you explore these, I encourage you to reflect on those that apply to you.

Nature of the Death is Traumatic

A suicide death is often very traumatic. You have come to grief before you are prepared to mourn. By its very nature, your grief is naturally complicated in that the death is premature, usually unexpected, and calamitous. The combination of sudden shock and the stigma and taboo associated with suicide result in a kind of psychic numbing to your spirit.

Potential "Why?" Questions

The nature of the death can lead to natural "why?" questions. You may instinctively feel the death was preventable and should not have happened.

Potential Self-Blame

As you mourn the death of someone to suicide, you may judge your own actions, attitudes, and any sense of responsibility related to the death.

Potential Investigation by Law Enforcement

Often, suicide deaths initially have to be investigated as if a crime may have taken place. At a time when your heart is broken, you may have felt you were under suspicion and experienced being interrogated surrounding the circumstances of the death.

Potential Focus on the Act Itself

Some people around you may put more focus on the act of suicide itself than on the importance of supporting you. Sometimes the first question people ask is, "How did he do it?"

Multiple Losses

You may not only be mourning the death, but loss of support from some insensitive friends and family.

Support May Be Lacking:

Some people do not know what to say or do, therefore they say or do nothing. The result for you is an experience of abandonment at the very time you need unconditional love.

Potential Relationship Cut-offs

You may find some people who literally go away and let it be known they have no desire to talk to you or support you in any way. Again, this creates more hurt on top of your overwhelming grief.

Potential Discovery of or Witnessing the Suicide

You may have discovered the body of the person you loved or even witnessed the act of suicide. This may result in you having additional special needs and may require an experienced trauma or grief counsellor. This is not in any way to imply that something is wrong with you, but rather that your experience was so horrific that you may need special help to support you in your grief.

As you can see, the list of potential circumstances surrounding suicide grief are multiple and complex. I imagine there are some additional influences you can think of. Whatever the circumstances, you will be well served to explore them and see how they shape the terrain of your journey.

A SURVIVOR SPEAKS: "I have experienced other deaths in my life, but never one like this. So many things came together in ways that make this so hard. There seems to be so many things around the circumstance of suicide that make this so overwhelming. It's too much for any one person to cope with."

Why #2: Your relationship with the person who completed suicide

Obviously, the relationship you had with the person who completed suicide will have a major influence on your grief experience. At one end of the spectrum, maybe you were very close and considered yourselves soul mates. Or, maybe you were "best friends" as well as husband or wife. Or, if your child completed suicide, you may be struggling with the loss of all the various aspects of the parent child relationship. Perhaps your parent completed suicide and you were always "daddy's little girl."

At the other end of the spectrum, perhaps you had a very difficult relationship with this person. Maybe the person had an alcohol or drug problem or was in and out of trouble with the law. Perhaps you were abused or neglected by this person. Maybe there were some mental health problems that naturally made your relationship complicated. Or, you might have had a very ambivalent relationship that was full of ongoing conflict. In some situations, it is very normal to feel a sense of relief or release after the death. Sometimes you mourn for what you wish you could have had in your relationship with the person.

Whatever the circumstances, you are the best person to describe and work toward understanding your relationship with the person who died.

A SURVIVOR SPEAKS: "I had been trying to help my son for years. I always loved him, but he wasn't easy to like. I know I will always have some sadness around what I wish we could have had in our relationship."

Why #3: The people in your life

Mourning the death of someone to suicide requires the outside support of other human beings. Because suicide is a topic where many people don't know how to support you, some people in your world will probably pull away. This potential lack of support can be painful and agonizing.

To integrate suicide grief into your life demands an environment of empathy, caring, non-judgment, and gentle encouragement. The good news is that even one compassionate, supportive person can be a real difference-maker for you. Find a trusted family member, friend, fellow survivor, or sensitive counsellor to companion you through the terrain of your grief. This person can and will help you survive at a time you are not sure you can.

Yes, I recognize that asking for support can be more challenging than it may sound. Early in grief it is a major accomplishment to get your feet out of bed and take a shower, let alone have the capacity to reach out for help. Yet, you need and deserve unconditional love and support.

Sometimes other people will assume you have a support system when you don't. For example, you may have family members and friends who live near you, but you discover they have little, if any, compassion or patience for you and your grief. Sadly, some people (in an effort to protect their own emotions) like to assume you should be "over it" and "put the past in the past." In addition, some people, fearing they will be insensitive, tend to create an environment of mutual pretence. This is where they know it was a suicide death, you know it was a suicide death, yet the unstated rule is: Don't talk about it! When this happens, a vital ingredient to your eventual healing is missing.

At the other end of the spectrum, do look for people who are more willing to patiently help you by listening without criticism or judgment. Those people know you are the expert of your own experience and gently allow you to teach them where you are in the terrain. They know to use your loved one's name and realize you may need to re-tell your story over and over. They often offer, when you are ready, to locate a support group or a sensitive counsellor to help you on your path. In my experience, these people have often been impacted by suicide at some point in their own lives.

Even when you're fortunate enough to have a solid support system in place, do you find that you are willing and able to accept support? If you project a need to "be strong", "carry on" and "keep your chin up," you may end up isolating yourself from the very people who would most like to walk with you in your journey through the wilderness of your grief.

A SURVIVOR SPEAKS: "Many of my friends think they are helping me by not talking to me about my husband. But I have come to realize I need to talk about him and what happened. People don't think they should use the word suicide, but I need to hear it."

Why #4: Your unique personality

What words would you use to describe yourself? What words would people use to describe you? Are you a serious person? Light-hearted? Quiet and deeply reflective? Are you a nurturer? A fixer? Are you openly expressive or do you tend to naturally inhibit your emotions? In other words, what is your personality like?

The point is that whatever your unique personality, rest assured it will be reflected in your grief. For example, if you are quiet by nature, you may express your grief quietly. If you tend to be expressive, you may openly express how you feel about your grief.

How you have responded to other changes, losses, or crises in your life may be consistent with how you respond to this death. If you tend to run away from stressful aspects of life, you may have an instinct to do the same thing now. If, however, you have always confronted crisis head on and openly, you may walk right into the centre of the wilderness. Keep in mind there is no one right and only way to mourn. Part of your experience will be to accept that you are mourning in ways that reflect your unique personality.

A SURVIVOR SPEAKS: "I have always been a person who thinks better than I feel. Yet, now I realize I have no choice but to stop thinking in my head, and really feel with my heart. It is so scary, but I'm doing the best I can."

Why #5: The unique personality of the person who completed suicide

Just as your own personality is reflected in your grief journey, so, too, is the unique personality of the person who completed suicide. What was this person like? What did he or she bring to the dance of your life? You, in part, have known who you were based on having this person in your life. Now you have and essentially lost a "mirror" that helped you know who you were. The world feels different without him or her in it.

In part, personality is the sum total of all the characteristics that made this person who he or she was. The way she talked, the way he smiled, the way she ate her food, the way he worked, the way she related to the world around her all these and so many more little things go into creating personality. It's no wonder there's so much to miss and that grief is so naturally complex when all these little things are gone all at once. Also, depending on the relationship you had, there may be things about the person that you don't miss.

So ask yourself: What do I miss about this person? What, if anything, do I not miss? Is there anything I wish I could have changed (but realize I couldn't) about his or her personality?

Whatever your feelings are about the personality of the person who completed suicide, find someone who will encourage you to talk about him or her openly and honestly. The key is finding someone you can trust who will listen to you without sitting in judgment of you. Yes, authentic mourning requires you be open about what you miss and what you don't miss about this person's personality. If you don't have someone who can listen to you, at the very least write about it in the accompanying journal.

A SURVIVOR SPEAKS: "He struggled with depression for years, but when he told a joke, he got this huge smile on his face. Yep, that is what I miss so very much, that big smile that could make me so happy to be around him."

SOSBSA Facebook

We now have more than **6,565** people who follow us on facebook.

Join in our online support group.

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Troubled Heart

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

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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

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Items for Sale

You can now purchase items from us online with payments through paypal

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

Other Suicide Support Groups

If you would like to add your suicide support group to this page, please email 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: 1st Thursday of each month at
6:00pm—8:00pm
Contact: Lyndall Stafford
Email: enquiries@uccommunity.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: 1st Tuesday the month at 7:00-9:00pm.

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

www.survivorsof suicide.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

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.org.au

If you wish to receive this newsletter via email, please email us at secretary@sosbsa.org.au

In Memoriam



If you would like an 'in memoriam', please send an anniversary record to SOSBSA, P.O. Box 334, Springwood 4127 or email to secretary@sosbsa.org.au.

For everyone whose anniversary of their loved one is in July/August : 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: **Chris Howard**
Date of Birth: 12th April 1985

Your name: *Claire Howard*
Date of Death: 28th July 2014

Message: *The first horrible year has passed, without you in our family circle.
If only we could have convinced you just how much you would be missed.*

loved always: Mum Claire, Neville, and your brothers Warren and Justin.

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)