



Website: www.sosbsa.org.au
Email: secretary@sosbsa.org.au
Facebook: [SOSBSA](https://www.facebook.com/SOSBSA)
Mail: P.O. Box 334
Springwood Qld 4127

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

Issue No. 16/4

October - December 2016

The Pain of 'Suicide Is Preventable'

- Ellen Behm

The following is a story by Ellen Behm published on the website "The Mighty" which is a story-based health community and this story can be found at the following link: <https://themighty.com/2016/10/dealing-with-guilt-after-my-dads-suicide/>. If you want to find more – then please go to 'suicide' under the mental health section.

The Pain in Hearing 'Suicide Is Preventable' as a Suicide Loss Survivor

A father and his young daughter play her favourite game in their front yard. Dad holds the girl's hands and spins, her feet flying in the air as they go round and round. The world became a blur.

The game never ended for the dad, *my dad*, as his life continued to spin and spiral out of control until it ended in the early morning hours of January 17, 1991 when he died by suicide. Had he spiralled so far down that he had no other choice? No other "solution" to his pain? Could this horrible event have been prevented?

Intervention, prevention and the belief that suicide is preventable rules the day now. If one can learn and notice the warning signs and be willing to get involved, a tragedy might be prevented, a life might be saved. Not always, but trying is better than not trying.

This sentiment can be hard to swallow if you tried to intervene and still a suicide happens. A survivor

of suicide loss already feels so much guilt. Are we piling on more, implying they should have/could have done more? A survivor does feel an inordinate amount of guilt, and it is possible this will make things worse for them. For me, after therapy, support groups and the passage of time, I have been able to resolve my feelings of guilt.

When the spinning game stops, the child flops on the ground laughing, feeling the dizziness subside as the minutes pass.

My dad's dizziness never subsided. It is suspected he struggled with bipolar disorder most of his adult life.

If I could find a time machine to go back to the 1970s, I think my father would have been a good candidate for intervention. It would have involved staring down the shame and stigma of mental illness and alcoholism — not just by my dad, but by

my entire family. Skeletons loosed from their cozy closets and into the world.

Sure, there was talking — or rather yelling, shaming, blaming, accusing and rejection. We had a lack of understanding. We made his problems about us. If he would/could only notice our pain he would stop his destructive behaviour, we reasoned. But real intervention? No. Dad fought his demons alone and the best he knew how, but they only got bigger and louder until they drowned out all reason, taking over the mind of a man who seemed to have all the answers when I was growing up.

The idea of and methods for suicide intervention and prevention came around too late for my dad. The stigma of mental illness and suicide is not gone, but it is fading away. Surging forward is the thought that it is part of the human condition and should be treated as such. There is far more understanding and openness surrounding mental illness, but there is still work to be done.

If you know someone who is struggling, I hope you have the courage, compassion and caring to speak directly to them, ask if they need help, listen and help them get help if they need it.

That Girl

Forever feeling her life is dying
But the doctors keep on lying.
"Your daughter will be fine,
Just give her some time."

But she wasn't okay
Because your baby girl took her life today.
She couldn't keep running
And she wouldn't stand living.

Her silent plea's for love
Left her heart on black doves.
"I'm in pain"
Her innocence cut, her pride slain.

Her cries fell on deaf ears
So no one realized her fears.
No one saw her fatal change
Until her heart was out of range.

She wrote out letters
Saying her life would be better.
She laid the pistol on her heart
And blew her body apart.

Her parents cry themselves to sleep
And all her friends weep.
They loved that girl well
And left her alone in Hell.

Maybe her soul can be free
And everyone will see
The lost life of one teen
And the love there could have been.

- Amber

Presidents Report

- *Cherrie Cran*

Hi everyone and welcome to the last newsletter for 2016. This newsletter covers the remainder of the year, so even though it seems early we'd like to wish you all a Merry Christmas and let you know we are thinking of you at this time. The holiday season can be difficult after you've lost someone – their absence seems to intensify and if this is your first year without them it can be very difficult. Please know that you will get through this.

Our wish for you at this time of year is that you can focus on the memories and love you shared with them. Take a moment or put a big effort into acknowledging them – whatever is your choice and celebrate that you shared your life with them. Take care of yourself and remember you are not alone. If you are having difficulty coping please join our facebook community – there's others who have lost loved ones from all over the world ready to provide you with the support you need.

Our Facebook community has grown to over 14,000 and is attracting more than 100 new people each week. If you haven't yet joined our Facebook community, please visit us and know that we are there online, operating as an online support group to people from all over the world.

Membership

If you aren't yet a financial member I'd like to encourage you to join us. Our association is run completely by volunteers and we don't receive any on-going funding. We rely completely on our membership fees and donations to operate and provide support to those who need us.

Fundraising

Upcoming event – 22nd October – the Logan Community Book Sale shop at Logan Central Library. Please see the enclosed flyer for more information.



We are always looking for ways to raise funds, so if anyone has any ideas for fundraising please let us know. If you wish to make a donation or become a member, you can do so on our website at www.sosbsa.org.au. Under the 'about us' tab you will see Membership and Donations if you hover over the 'about us' tab. All donations of \$2 and over are tax deductible.

Survivors Day 2016

Upcoming event: Survivors Day 2016 – 19th November – 11am at Health Options, 374 Annerley Road Annerley. See the enclosed flyer for more details.

Newsletters

We are always on the lookout for quality articles to share in our newsletters. The best of these are often your personal stories, and ideas of things that helped you move through your grief, or things that you have learnt from your experience. If you have anything that you would like to share with everyone, please email me at secretary@sosbsa.org.au.

Take care and be kind to yourself

Cherrie xoxo

Brisbane Support Group
(473 Annerley Road Annerley)

Friday fortnightly at 7:30pm

October - 7, 21

November - 4, 18

December - 2, 16, 30

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 (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.

SOSBSA Facebook

We now have more than **14,000** 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 ('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

Gone Too Soon

I know your in heaven dancing and free
but there's so much more you should be here
to see.

So many things I never got to say
because I never thought that you would go
away.

I never told you cause I thought that you
knew
but would that have changed what you
planned to do?

I am glad that you are free from the fears you
held inside
but I wish you had come to me and put aside
your pride.

The world is a lonelier place without you
I guess that you thought this was all you could
do.

When I see you again I'll tell you that you were
wrong
and how much I've missed you everyday
you've been gone.

By Lisa Milczarski

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@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: 1st Tuesday the month
at 7:00-9:00pm.

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

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

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

Talk about suicide

- Screening for Mental Health

This is another article from "The Mighty", and is published by "Screening for Mental Health". The link to this one is: <https://themighty.com/2016/10/screening-for-mental-health-why-we-need-to-talk-about-suicide/>. Once again if you want to read the articles on this website simply select Suicide on the Mental Health page

3 Reasons You Shouldn't Be Afraid to Talk About Suicide

We often feel most comfortable talking about suicide in the form of statistics. It's the 10th leading cause of death in the United States. Each year 42,773 Americans die by suicide. For every suicide 25 others attempt. These statistics communicate important information, but they don't come close to portraying the raw, hopeless, pain that someone with suicidal thoughts is feeling, or the heartbreaking grief of a friend or family member who has lost someone they love. Oftentimes, the reality of suicide feels uncomfortable merely because we don't understand it, or don't know how to act when we are confronted by it. Fear is often the largest deterrent, keeping peers, friends and loved ones from speaking up when they really should.

Here are several reasons why you should break through your discomfort in talking about suicide:

1. You could learn something new.

Our culture, background, genetics and experiences all work together to create a unique perspective on how we relate to the world. Although you may think about depression, anxiety or another mental health issue in a certain way, your friend or loved one may have a completely different way of thinking about it. Making a connection with someone is about more than shared perspective or opinions. It's about really taking the time to actively listen to what they're saying and, more importantly, why they are saying it. Understanding where the words are coming from gives us valuable information as to who they are as individuals and what they value. You can play an important role in assisting a friend or peer who may be struggling with a mental health issue.

2. It won't put the idea in someone's head.

One myth that a lot of people tend to believe is that talking about suicide makes someone more likely to consider or follow through with it. But the reality is, this person has most likely already been thinking these things, and you bringing up this subject they've been afraid to is one of the most helpful things you can do.

3. It could save someone's life.

The majority of people who die by suicide tell someone or give warning signs beforehand. Your words and actions could be life-saving. Those who have thoughts of suicide often feel a loss of connection to others. Your willingness to have an open conversation with them could make a huge difference. The more we, as a public, talk openly about suicide, the more people don't feel like they are going through this alone. Visit [Stop a Suicide](#) to learn how to have this conversation with a friend or loved one.



In Memoriam

If you would like an 'in memoriam', please send an anniversary record to us at secretary@sosbsa.org.au.

For everyone whose anniversary of their loved one is during October to December : 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.

[Why Dad Did You Choose Suicide?](#)

Why Dad,
Why did you chose to die?
You left no note and me with why?
You thought you were doing what was best and right.
Why, oh why, did you have to end the fight?
Your pain is something I will never understand.
You must have been so afraid to take this stand.
You left me with a title I am sad to attain.
Suicide Survivor, but who should I blame?
I know your decision was painful to make.

The thoughts in your head
Must have been unbearable to take.
Now that you're gone, I think of you a lot.
You couldn't have known the suffering this has brought.
I pray you are at peace my Angel, and I am in pain.
I count the minutes to Heaven and seeing you again.

By Christina M. Butz

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)

Community benefit booksale



Saturday
22 OCTOBER
9am to 2pm

Logan Central Library

26 Wilbur Street
Logan Central
Ph: 3412 4100

Proceeds go to:

**SURVIVORS OF SUICIDE BEREAVEMENT
SUPPORT ASSOCIATION INC.**

Nothing priced over \$1.00

Hardcover and Paperback books. Non-Fiction and
Fiction - Junior, Young Adult and Adult.

CDs, Magazines and Audio Books
All items are subject to availability

Logan City Council
Libraries



BUILDING OUR COMMUNITIES
BUSINESSES AND PRIDE





Reaching Out Can Change Your Life

**Saturday,
November 19, 2016**

11 a.m. to 1:30 p.m.

Healthy Options
374 Annerley Road
Annerley Qld 4103

Organizer Name: Cherrie
secretary@sosbsa.org.au
tel 1300 767 022
www.sosbsa.org.au

Hosted by SOSBSA

You are not alone. Join with a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

The Program

Welcoming with food and refreshments

Screening of *Life Journeys*

Group discussions that bring together people who have experienced a similar loss

Life Journeys

Each event will include a screening of *Life Journeys: Reclaiming Life after Loss*, a new AFSP-produced Survivor Day documentary that traces the grief and healing journey that follows a suicide loss over time. Drawing on stories and insights from long-term loss survivors, the film shows us that through resilience and support we can achieve hope and understanding in our lives while celebrating the lives of those we lost.



AMERICAN FOUNDATION FOR
Suicide Prevention

Learn More and Register at afsp.org/SurvivorDay