



## Why peer support?

The experience of grief due to suicide is unique and can, at times, be difficult for others without personal experience to understand.

A peer support group *brings together* those people who have first hand experience with suicide loss, so that they may share their feelings and stories with people who understand what they are going through.

Some people find it beneficial to get together in a support group to share their stories with other people who have been bereaved by suicide. This can be *therapeutic* and can be an invaluable source of *support, friendship, and information*.



It can be a way to *start the healing process* by learning new coping skills for getting through the difficult days. Being around people who understand what you are going through can help to give you permission

to *grieve in your own way* and at your own pace without guilt or judgement.

The groups provide *empathy, encouragement and understanding* within a safe, non-judgmental environment. Some people find that by sharing their experiences of suicide loss with those people further along their grief journey, they are able to see some hope that life can go on.

SOSBSA support groups are strictly *confidential* and are run by volunteers. Professional counseling is not offered within the support group, however we may be able to offer professional referrals.

For assistance, support or information regarding any of our services, please contact

Phone: 1300 767 022

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

Post: The Secretary

P.O. Box 334

Springwood Q 4127

Website: [www.sosbsa.org.au](http://www.sosbsa.org.au)

Facebook: *SOSBSA*.

24 hour phone support:  
Suicide Callback Service

**1300 659 467**



SOSBSA acknowledges and accepts individuals from all the diverse corners of our community.

SOSBSA is a registered charity and deductible gift recipient, so all donations over \$2 are tax deductible.

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SOS Survivors of Suicide Bereavement Support Association Inc.

*Caring, Support, Awareness, Education*

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

-  Friendship and support
-  Bereavement support groups
-  Awareness and education
-  Promotes prevention



Telephone

**1300 767 022**









## Mission statement

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



## Objectives

-  Provide support and a safe environment for those bereaved by suicide when and if needed, to meet and share experiences with others who understand how you feel.
-  Provide a 24/7 phone support line
-  Increase public awareness about suicide, suicide prevention and suicide bereavement through publicity and education
-  Form links with other suicide prevention, intervention and postvention groups.
-  Actively pursue funding to provide ongoing support where it is needed.
-  Establish a face-to-face counseling service.



## How can we help you?



### Peer Support Groups

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

### Telephone Support

For 24 hour support please contact the Suicide Callback Service on **1300 659 467**. This service operates 24/7 and offers free counselling support to those who have lost a loved one to suicide.

### Literature

We produce many booklets & fact-sheets providing understanding and support through the grief journey. These information packs are generally provided free of charge to those in need upon request, and are also available for download in a printable format from our website.

### Website

Our website provides access to a wide range of resources and information on suicide and bereavement via our links and affiliations with other support organisations around the world, as well as up-to-date information on our bereavement peer support groups. Perhaps more importantly, our website offers access to understanding and support when you are bereaved by suicide, wherever you are. Find us at [www.sosbsa.org.au](http://www.sosbsa.org.au)

### Facebook

Our facebook page provides access to social networking with other people bereaved through suicide, as well as mental health groups and other fellow support organisations. It also provides information, details of upcoming events, updates and relevant media releases. It is a friendly, supportive online environment to connect with others who know what you are going through. Find us by searching SOSBSA.

### Newsletter

We produce a quarterly newsletter, freely available via email and accessible from our website, and also available in hardcopy to our members. Our newsletters provide up-to-date information on our peer support groups and events, as well as providing articles & reviews on topics which are relevant and current to those bereaved by suicide.

### Resources

We provide access for members to our library collection. We also have small remembrance items for sale.

### Social Activities

We organise several social events throughout the year including picnics, a candlelight memorial, a Xmas gathering and other special functions. Details of these can be found in our newsletters or website.