

July - September 2024

## Suicide Grief

Mayo Clinic Staff

**A loved one's suicide can be emotionally devastating. Use healthy coping strategies — such as seeking support — to begin the journey to healing and acceptance.**

When a loved one dies by suicide, emotions can overwhelm you. Your grief might be heart wrenching. At the same time, you might be consumed by guilt — wondering if you could have done something to prevent your loved one's death.

As you face life after a loved one's suicide, remember that you don't have to go through it alone.

### Brace for powerful emotions

A loved one's suicide can trigger intense emotions. For example:

- **Shock.** Disbelief and emotional numbness might set in. You might think that your loved one's suicide couldn't possibly be real.
- **Anger.** You might be angry with your loved one for abandoning you or leaving you with a legacy of grief — or angry with yourself or others for missing clues about suicidal intentions.
- **Guilt.** You might replay "what if" and "if only" scenarios in your mind, blaming yourself for your loved one's death.
- **Despair.** You might be gripped by sadness, loneliness or helplessness. You might have a physical collapse or even consider suicide yourself.
- **Confusion.** Many people try to make some sense out of the death, or try to understand why their loved one took his or her life. But, you'll likely always have some unanswered questions.



- **Feelings of rejection.** You might wonder why your relationship wasn't enough to keep your loved one from dying by suicide.

You might continue to experience intense reactions during the weeks and months after your loved one's suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide.

## Dealing with stigma

Many people have trouble discussing suicide, and might not reach out to you. This could leave you feeling isolated or abandoned if the support you expected to receive just isn't there.

Additionally, some religions limit the rituals available to people who've died by suicide, which could also leave you feeling alone. You might also feel deprived of some of the usual tools you depended on in the past to help you cope.

## Adopt healthy coping strategies

The aftermath of a loved one's suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

- **Keep in touch.** Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who'll simply offer a shoulder to lean on when you'd rather be silent.
- **Grieve in your own way.** Do what's right for you, not necessarily someone else. There is no single "right" way to grieve. If you find it too painful to visit your loved one's gravesite or share the details of your loved one's death, wait until you're ready.
- **Be prepared for painful reminders.** Anniversaries, holidays and other special occasions can be painful reminders of your loved one's suicide. Don't chide yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.
- **Don't rush yourself.** Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don't be hurried by anyone else's expectations that it's been "long enough."
- **Expect setbacks.** Some days will be better than others, even years after the suicide — and that's OK. Healing doesn't often happen in a straight line.
- **Consider a support group for families affected by suicide.** Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength. However, if you find going to these groups keeps you ruminating on your loved one's death, seek out other methods of support.

## Know when to seek professional help

If you experience intense or unrelenting anguish or physical problems, ask your doctor or mental health provider for help. Seeking professional help is especially important if you think you might be depressed or you have recurring thoughts of suicide. Unresolved grief can turn into complicated grief, where painful emotions are so long lasting and severe that you have trouble resuming your own life.

If you think you may hurt yourself or attempt suicide, get help right away.

Depending on the circumstances, you might benefit from individual or family therapy — either to get you through the worst of the crisis or to help you adjust to life after suicide. Short-term medication can be helpful in some cases, too.

## Face the future with a sense of peace

In the aftermath of a loved one's suicide, you might feel like you can't go on or that you'll never enjoy life again.

In truth, you might always wonder why it happened — and reminders might trigger painful feelings even years later. Eventually, however, the raw intensity of your grief will fade.

Understanding the complicated legacy of suicide and how to cope with palpable grief can help you heal, while still honoring the memory of your loved one.

### *Wishing the Rainbow*

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.

## SOSBSA Facebook

We now have more than **151,000** people who follow us on facebook.

Join in our online support group.

Search **SOSBSA**



## Membership

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

You are now able to do this online at [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.

## Mourning Dove Pins

You can now purchase 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)



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

## *A Very Special Son*

*It seems to me the day you left  
 The sun forgot to shine  
 Because it feels as though the lights gone out  
 Within this heart of mine  
 My body feels so broken  
 Because we had to say goodbye  
 And my tears they fall like raindrops  
 Everytime I cry  
 The pain that I am feeling  
 Is like a storm inside my heart  
 And it only grows much stronger  
 Everyday that we're apart  
 It's hard to see the future  
 And to make it through the day  
 But I know you will be with me  
 And will help to light my way  
 When the light goes out for me  
 I know what I shall do  
 I'll close my eyes one final time  
 And I will be with you*

# Presidents Report

(Cherrie Cran)

## Support Gropus

Please go to [Support Groups](#) on our website for details ([sosbsa.org.au](http://sosbsa.org.au) ).  
Looking forward to catching up with you soon.

**NOTE: You will need to RSVP to attend the Brisbane group, due to the restricted number of people we can have in a room.**



Hi everyone and welcome our third newsletter for 2024. I'm very sorry that this one is late. It's been a bit busy and chaotic for me over the past couple of months.

I hope you enjoy this selection of articles and information.

## Membership

If you aren't yet a financial member I'd like to encourage you to join us. We rely completely on our membership fees and donations to operate and provide support to those who need us. Please join or renew your membership at <http://sosbsa.org.au/membership>.

## Newsletters

We are always looking for content and would love to hear from you. If any of you would like to share anything with our readers about your experiences or life after your loss, please write to us at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au).

If you wish to subscribe to our newsletter please email us at [secretary@sosbsa.org.au](mailto:secretary@sosbsa.org.au).

## Facebook

Our Facebook page now has over 150,000 followers from around the globe – if you haven't yet found us – please join us there. Our Facebook page operates on similar lines to our support groups. Our page is a public page and will remain so, just be aware that if you post / share on our page that your friends will be able to see your posts.

Take care

Cherrie xoxo

# Join our walk Lifeline Brisbane

Join us and walk to remember those lost to  
suicide and help those in crisis.

**Date:** Tue. 10th Sep. 2024    **Time:** 10:00 AM

**Location:** Orleigh Park, West End, Brisbane.

**Contact:** Please contact Lifeline Brisbane Centre on  
07 3363 2210 for more details regarding the walk.

## Information:

A short walk to remember those who we love who have been lost to suicide. Followed by a BBQ breakfast and coffee where we can connect those who are bereaved with others who are bereaved and their support services. We are partnering with Standby, an organisation that provides support after suicide.



View more details and sign up today



# Join our walk

## Lifeline Townsville

Join us and walk to remember those lost to suicide and help those in crisis.

**Date:** Tue. 10th Sep. 2024

**Time:** 6:00 AM

**Location:** The Rock Pool at the Strand

**Contact:** Please contact Lifeline Townsville on  
0417 576 945 for more details regarding the walk.  
**Information:**

In 2024, we mark the 11th annual Out of the Shadows walk in Townsville, North Queensland. The Townsville Out of the Shadows remembrance walk welcomes our lived experience community. We provide a safe space to come together and remember those lives lost to suicide, while supporting those impacted by suicide today. Through connection and the voices of others, we unite to raise awareness and overcome the stigma surrounding suicide and suicide prevention. Please join us on Tuesday September 10th from 5:45am to walk out of the dark and into the light of a new day. Our walk commences at the Rock Pool Pavilion and continues 650m down the Strand, ending at the Stuart Street Headland/The Pier. We support the Townsville community through our event providing time for reflection, lived experience speakers, and a community BBQ. It would be wonderful if our community could count on your support this year.

To donate to Lifeline Queensland, scan the QR code



### **Brisbane Support Group** (Lvl 1, 493 Ipswich Road Annerley)

*Friday fortnightly at 7:30pm*

*July – 5, 19*

*August – 2, 16, 30*

*September – 13, 27*

RSVP through [sosbsa.org.au/brisbane](https://sosbsa.org.au/brisbane)

### **Management Committee**

<b>President:</b>	Cherrie Cran
<b>Vice President:</b>	Donna Lang
<b>Treasurer:</b>	Darrin Larney
<b>Secretary:</b>	Sue Dignan
<b>Committee:</b>	Ray O'Brien Julie Ferguson

## **Other SOSBSA Support Group Meetings**

### **Support Groups Update**

Please see the update on our Support Groups in the Presidents Report, and check the website at <https://sosbsa.org.au/support-groups>. The information on the website will always be up-to-date. Alternatively please email us or reach out on Facebook.

#### **Townsville Support Group**

Selectability House  
59A Cambridge St, Vincent, Qld 4814  
**1<sup>st</sup> Monday** of every month at **7:00pm**

Coffee Catch up: 10.00am 3rd Saturday of each month

Contact Ray & Dona: 0407 490 965  
or Geoff & Lowell: 0438 604 744

#### **Support Group dates:**

July 9  
August 5  
September 2

#### **Coffee Catch up Dates:**

July 15  
August 17  
September 21

Details: [sosbsa.org.au/townsville](https://sosbsa.org.au/townsville)



### **Disclaimer**

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## In Memoriam



**For everyone whose anniversary of their loved one is during July to September.**

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.

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



## Helplines

### 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

Suicide Callback Line: 1300 659 467 (24 hour)

LifeLine: 13 11 14 (24 hour)

Mensline: 1300 789 978 (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)