



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

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



**Friendship
and support**



**Peer Support
groups**



**Awareness
and education**



**Promotes
prevention**

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 counselling service**.

PEER SUPPORT

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.



PHONE 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.



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.



WEBSITE

Our website provides access to a wide range of resources and information on suicide and bereavement and up-to-date information on our bereavement peer support groups. Our website offers access to understanding and support when you are bereaved by suicide, wherever you are. www.sosbsa.org.au



FACEBOOK

Our Facebook page provides access to social networking with other people bereaved by suicide. 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. 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 produce many booklets & factsheets providing understanding and support through the grief journey. These **information packs** are provided free of charge to those in need and available for download in a printable format from our website.



FINDING HELP

24 HOUR PHONE SUPPORT

Suicide Callback Service

1300 659 467

CONTACT US

PO Box 5667 Q Supercentre, QLD 4218

secretary@sosbsa.org.au

Facebook - SOSBSA

1300 767 022

SUPPORT GROUPS

Find a support group near you at:

www.sosbsa.org.au

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

Note: If you need to contact us, the best way is by email or through our Facebook page. If you leave a message on the phone it might take some time for someone to get back to you. Sorry for any inconvenience this causes - we are all volunteers with full-time commitments. We will get back to you as soon as we can.

SOSBSA is a registered charity and deductible gift recipient, so all donations over \$2 are tax deductible. ABN15 084 233 358 @SOSBSAInc