

# SUPPORTING YOUNG PEOPLE AFTER A SUICIDE DEATH

## A RESOURCE MAP FOR PROFESSIONALS



### WHAT TO EXPECT IF A CLIENT IS BEREAVED

Grief is a universal experience that we all experience at some point during our lives. But grief after suicide can be additionally complex.



### RESOURCES - GRIEF AND SUICIDE

- JSS Support After Suicide has a [factsheet](#) about suicide and grief and a [website](#) with a range of resources and links.
- Standby has a [website](#) with a range of resources and links.
- Hope Bereavement Care has a [fact sheet](#) about supporting young people after suicide and a [website](#) with a range of different resources and links
- Beyond Blue has [fact sheet](#) about suicide and grief.

### WHERE TO GET HELP - POSTVENTION SUPPORT

- **JSS Support After Suicide** offers free support for those bereaved by suicide: providing resources, counselling and support services for individuals, families and professionals.  
<https://www.supportaftersuicide.org.au/>
- **Standby** offers free face to face or telephone support for those impacted or bereaved by suicide.  
PH: 0421 974 949 (24/7 Support Needs)  
E: [standby.wvic@wellways.org](mailto:standby.wvic@wellways.org)  
<https://standbysupport.com.au/find-support/vic/>
- **Thirrili** is The National Indigenous Indigenous Postvention Service (NIPS) and supports individuals, families, and communities affected by suicide or other significant trauma.  
<https://thirrili.com.au/postvention-support>
- **Headspace School Support** offers support to secondary schools to undertake suicide prevention, postvention planning and response activities tailored for their school needs  
<https://headspace.org.au/schools/contact-headspace-in-schools/>
- **Conversations Matter** offers resources to support safe and effective discussions about suicide.  
<http://www.conversationsmatter.com.au/>

### WHERE TO GET HELP- TELEPHONE AND ONLINE POSTVENTION SUPPORT

- **Suicide Call back Service** is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide. PH: 1300659467  
<https://www.suicidecallbackservice.org.au/>
- **SuicideLine** Victoria is a 24/7 telehealth provider that offers free professional phone and online counselling.  
PH: 1300651251  
<https://suicideline.org.au/health-professionals/>



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### RESOURCES TO USE WITH YOUR CLIENT

- [Flashcards The Artists Grief Deck](#)  
A set of flashcards to be used as a toolkit for grief workers.
- [Fact Sheet - Guilt and the Fair Trial](#) - JSS Support After Suicide

### WHERE TO GET HELP - BEREAVEMENT SUPPORT

**Hope Bereavement Care** offers free information, support and counselling for those experiencing loss after suicide.

PH: (03) 4215 3358 E: [hope@bereavement.org.au](mailto:hope@bereavement.org.au)  
<https://www.bereavement.org.au/grief-support/support-after-suicide>

**Support After Suicide** Free support for those bereaved by suicide: providing resources, counselling and support services for individuals, families and professionals. Online Community available also.

PH:(03) 9421 7640 <https://www.supportaftersuicide.org.au/>

### PROFESSIONAL DEVELOPMENT RESOURCES

- **Working with Aboriginal and Torres Strait Islander people** - [Working with Aboriginal or Torres Strait Islander Grief and Bereavement A Resource for Workers](#)  
[Sad news Sorry business \(OLD\)](#) Guidelines for caring for Aboriginal and Torres Strait Islander people through death and dying
- **For Primary Health Care Providers** - [Suicide Questions Answers Resources](#) Educational resource for primary health care and community specialists and any individuals working with people at risk of suicide.
- **Secondary Consultation** - [Hope Bereavement Care](#)
- **Grief Clinical Supervision** - [ACGB](#)
- **Standby** - Free face to face or online workshops and education sessions tailored to your school; workplace or community needs.  
<https://standbysupport.com.au/find-support/vic/>
- **JSS Support After Suicide** offers professional development and education sessions along with a range of resources and books that include a lived experience perspective  
<https://www.supportaftersuicide.org.au/>
- **Hope Bereavement Care** has a library of books and electronic resources and offers professional development and education sessions P: (03) 42153358 E: [hope@bereavement.org.au](mailto:hope@bereavement.org.au)
- **ACGB** offers a number of [print resources](#) for professionals as well as [educational workshops and webinars](#)

### RESOURCES FOR YOUR CLIENT

- **Websites**  
[The Grief Toolbox](#)  
[Headspace](#)  
[Reachout](#)  
[Skylight](#)
- **Apps**  
[My Grief App](#)
- **Grief Factsheets** [Australian Centre for Grief and Bereavement](#)
- **Grief Journal for Young Children & Teens**  
[Journal for under 12's](#)  
[Journal for teenagers](#)
- **Wellways Kit**  
[Kit with a range of different resources for the community](#)
- **Something to listen to** - [Lets talk about suicide](#)

[Life after suicide - Roses in the Ocean Radio](#)

