



'...no-one should be alone in grief'

SUPPORTING YOUNG PEOPLE AFTER SUICIDE

TELLING A YOUNG PERSON OF A DEATH BY SUICIDE

- Keep it truthful and consistent—It might be hard to say but say it. Give correct information in a loving, direct and compassionate way
- Encourage them to talk about it and ask questions whenever they need to.
- Understand the grieving process.
- Young people will often want to spend time together, so allow them time.

RESOURCES

headspace have a number of factsheets about [youth suicide](#)

[Suicide and Greif fact sheet](#) by Beyond Blue

JSS Support After Suicide has a [website](#) with a range of resources and links

WHAT CAN I DO?

Show a willingness to listen. It may be distressing, but you're not expected to provide answers. Instead, you can be a comforting, safe place for someone who desperately needs to talk.

- Be aware of your own grief and feelings of helplessness.
- Understand the grieving process. Don't put a limit on grief and healing/. Reassure them that grief is a normal response to loss and there is no wrong or right way to grieve.
- Make opportunities to share memories or look at photos of the person who has died. Say the persons name.
- Spend time with the young person. Just sitting quietly and allowing them to talk, cry or be silent. Listen with non-judgmental compassion
- Acknowledge and believe the young person's pain and distress. Try not to panic in the absence or presence of strong emotional responses.

RESOURCES

JSS Support After Suicide has a Fact sheet on [Supporting young people after a suicide](#)

headspace have written a fact sheet specifically for [parents](#) supporting someone after a suicide



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BEREAVEMENT SUPPORT

| Service | Contact details | Support Offered |
|------------------------------|---|--|
| Hope Bereavement Care | Call(03) 4215 or contact us via hope@bereavement.org.au or on Facebook https://www.facebook.com/hopebereavementcare/ | Offers free information, support and counselling for those experiencing loss after suicide |
| headspace geelong | Headspace Geelong has 3 service sites at Corio, Drysdale and Geelong | Phone: (03) 5222 6690 headspacegeelong@bcyf.org.au |
| eheadspace | eheadspace provides online counselling and telephone support to young people aged 12 to 25 | www.eheadspace.org.au 1800 650 890 |

ONLINE AND TELEPHONE SUPPORT

If you need immediate or additional support the following services provide online and telephone support.

| Service | Contact details | |
|--------------------------|---|--|
| Kids Helpline | Phone: 1800 55 1800 https://kidshelpline.com.au/ | Kids Helpline provides telephone and online counselling for Australian children and young people aged between 5 and 25 years. |
| Lifeline | Phone: 13 11 14 https://www.lifeline.org.au/ National Bereaved by Suicide Line Phone: 1300 467 354 Life Line Text 6pm-12am 0477 13 11 14. | Lifeline provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services. |
| Suicide Callback Service | Phone: 1300 659 467 https://www.suicidecallbackservice.org.au/ | The Suicide Call Back Service provides telephone, video and online counselling to people at risk of suicide, carers of someone who is suicidal and those bereaved by suicide across Australia. |
| Suiceline Victoria | Phone: 1300 651 251 https://www.suiceline.org.au/phone-and-online-counselling/ | SuicideLine Victoria is a 24/7 telehealth provider that offers free professional phone and online counselling for people living in Victoria. |