



SUPPORTING YOUNG PEOPLE AFTER A SUICIDE DEATH

WHAT TO DO?

RESOURCES

- headspace has a number of [factsheets](#) about youth suicide
- Suicide and Grief [fact sheet](#) by Beyond Blue
- JSS Support After Suicide has a [website](#) with a range of resources and links

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. Do not seek to provide all the answers to questions that cannot be answered with certainty.
- Understand the grieving process.
- Young people will often want to spend time together, so allow them time but monitor conversations and social media if you can.

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. Get support for yourself if you need to.
- Be prepared. Understand the grieving process. Don't put a limit on grief and healing. Be aware that fresh waves of grief may hit again and again, long after the death.
- 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 person's name.
- Spend time with the young person. Just sitting quietly and allowing them to talk, cry or be silent. Listen with non-judgmental compassion.
- Offer practical help. For example, perhaps transport, help with schoolwork, support to attend the funeral, or to visit a counsellor if relevant.
- Encourage them to connect with, use, and build on their social support network. Encourage them to seek out experiences that are comforting and encouraging, - and that is safe for themselves and others
- 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 a student affected by a suicide death





SUPPORTING YOUNG PEOPLE AFTER A SUICIDE WHERE TO GET HELP?

Bereavement Support

hope bereavement care

Offers free information, support, and counselling
for those experiencing loss after suicide
Call 4215 3358
www.bereavement.org.au

headspace

headspace Geelong 03 5222 6690
headspace Ocean Grove 03 525301400

Online and Tele Support

LIFELINE

Lifeline provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

Phone: 13 11 14

<https://www.lifeline.org.au/>

National Bereaved by Suicide Line Phone: 1300 467 354

Lifeline Text 6pm-12am 0477 13 11 14.

SUICIDE CALLBACK SERVICE

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.

Phone: 1300 659 467

<https://www.suicidecallbackservice.org.au/>

EHEADSPACE

eheadspace provides online counselling and telephone support to young people aged 12 to 25

www.eheadspace.org.au

1800 650 890

KIDS HELPLINE

Kids Helpline provides telephone and online counselling for Australian children and young people aged between 5 and 25 years.

www.eheadspace.org.au

1800 650 890

Mental Health and Crisis Support

If you believe your young person is unsafe,
feeling unsafe, isolated, or out of control

You can call the Geelong Mental Health Triage
Service 24/7 on 1300 094 187.

In an emergency call 000.

references

This fact sheet has been adapted from these online resources: -

Standby: 3.-Grief-after-Suicide-Possible-Experiences-support-pack.pdf
(standbysupport.com.au)

Support After Suicide (JSS):
<https://www.supportaftersuicide.org.au/young-people-and-grief/>

headspace: Dealing With Grief And Loss & The Effects on Mental Health

headspace
Australian Centre for Grief and Bereavement Information Sheets: Grief Information Sheets