

USEFUL NUMBERS

Suicide Line
1300 651 251

Lifeline
13 11 14

Grief Line
1300 845 745

Kids Helpline
1800 551 800

Mensline
1800 551 800



Support
After Suicide

— GEELONG REGION —

Hope Bereavement Care

P: (03) 4215 3358

Level 2, Kitchener House
Ryrie Street, Geelong

E: hope@bereavement.org.au

www.bereavement.org.au

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Support
After Suicide

— GEELONG REGION —

SUPPORT FOR ANY PERSON
BEREAVED BY SUICIDE AND
THOSE CARING FOR THEM

ABOUT US

Support After Suicide (SAS) Geelong Region is a service providing support for any person bereaved by suicide; and professionals in the wider community who may be caring for them.

We offer suicide bereavement counseling; referral; group based support; secondary consultation; health promotion and community education.

Support After Suicide Geelong Region is a program of Hope Bereavement Care, in partnership with Jesuit Social Services and funded by the Bellarine Otway District Freemasons.



SUPPORT SERVICES

SAS Geelong Region is aware that grief following suicide is complex and varied and that people need different kinds of support at different times. For this reason we offer a range of support services including:

Counselling

Free bereavement counselling for individuals, couples and families by a qualified bereavement counselor either face to face or by telephone.

Referral

Referral service to specific interventions and programs.

Support Groups

Support groups for those bereaved by the suicide of a loved one:

After Suicide Loss Support Group

Meets monthly to provide an opportunity to share experiences and support each other in a safe and confidential environment, with facilitation by a professional.

After Suicide Loss Support Group: A 4 Week Group

Run several times a year to provide information about suicide and the experience of the suicide of a loved one, as well as to develop resources to assist in the suicide bereavement journey. This group is recommended for those who are between 3-24 months bereaved.

Support Literature

Production and distribution of information relating to different aspects of the suicide bereavement experience.

Provision of a library of suicide bereavement specific resources available for loan.

Secondary Consultation

Consultation service for professionals who are supporting people who are bereaved by suicide.

Health Promotion and Community Education

Education and professional development for health, education and welfare professionals on the complexities of suicide bereavement and its impact on loved ones and the greater community.

Provision of co-ordinated suicide prevention and awareness initiatives, by collaborating with key stakeholders in the region.

Engagement in activities and initiatives that target the general population in order to increase suicide awareness in the general community and to provide a better understanding of the issues surrounding suicide, so community members are able to respond appropriately in times of need.