YARNING AFTER A SUICIDE

SOMEONE HAS DIED BY SUICIDE IN OUR COMMUNITY: What do I say? What do I do?

GRIEF FROM SUICIDE

Losing someone to suicide can be different to grief from other causes of death. It raises a lot of questions that may never be answered.

I don't know why he did it

Was there something I could have done to prevent it?

Mental Health Commission of New South Wales "Like so many of our people, I lost many through this dreaded thing called suicide... Just being able to have a yarn is the most powerful investment we can make in each other and in our community." Aboriginal community ecoder

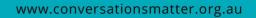
Matter

Conversations

ASKING IF OTHERS ARE OK?

There can be a lot of stigma around suicide that affects people who are grieving. Offering support will help people feel connected in a difficult time.

> How are you doing?



KEEP IN TOUCH

People bereaved by suicide may be at an increased risk of suicidal behaviour. Keep in touch and if someone seems troubled or says they are thinking about suicide take them seriously and get help.

Is everything ok? You have been really angry lately

I keep thinking about my friend who died

COMMUNITY CONVERSATIONS

I'm worried

about the

young people

Down the track the community might want to have a group yarn. Ask Elders and health workers about doing this in a safe way.

> We could have a yarn about looking out for each other and staying strong

FURTHER INFORMATION **Crisis Telephone Counselling**

Lifeline 13 11 14 www.lifeline.org.au

Suicide Call Back Service 1300 659 467 www.suicidecallbackservice.org.au

> beyondblue 1300 22 4636 www.beyondblue.org.au

Kids Helpline (5-25 years) 1800 55 1800 www.kidshelp.com.au

headspace (12-25yrs) 1800 650 890 www.headspace.org.au

Other services and sources

Mindhealthconnect www.mindhealthconnect.org.au

Social and Emotional Wellbeing and Mental Health Service www.sewbmh.org.au