



**Conversations  
Matter**



# 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?



**EVERYMIND**

**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 member

## 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?



[www.conversationsmatter.org.au](http://www.conversationsmatter.org.au)



## 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

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

I'm worried about the young people

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](http://www.lifeline.org.au)

Suicide Call Back Service 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

*beyondblue* 1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Kids Helpline (5-25 years) 1800 55 1800  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

headspace (12-25yrs) 1800 650 890  
[www.headspace.org.au](http://www.headspace.org.au)

### Other services and sources

Mindhealthconnect  
[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

Social and Emotional Wellbeing and  
Mental Health Service  
[www.sewbmh.org.au](http://www.sewbmh.org.au)