

## Support from your GP



Your local GP can work with you to:

- Develop strategies to improve and maintain your mental health
- Referral to a mental health expert
- Develop a mental health plan

Young people can access a GP and Nurse through the Youth Clinic

Macedon Ranges Health: [Louise.beer@mrh.org.au](mailto:Louise.beer@mrh.org.au)

## Support line/counselling 24/7



**Crisis** support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14 (6pm – midnight)

**Grief** counselling support

Griefline: 1300 845 745 (6am- 2pm, 7 days a week), SMS or online. [www.griefline.org.au](http://www.griefline.org.au)

Immediate help for **depression and anxiety**

Beyond Blue 1300 224 636

Counselling for **young people** aged 5-25

Kids HelpLine: 1800 55 1800

Counselling for **men** with emotional health and relationship concerns

MensLine Australia: 1300 789 978

**LGBTIQA+** peer support and referral (3pm to Midnight)

Switchboard: 1800 184 527

After suicide support for **Aboriginal people**

Thirrili: 1800805 801

Professional phone and online counselling if you or someone you know is **feeling suicidal**

Suicide Call Back Service: 1300 659 467

## Local counsellors/psychologists



### People bereaved or impacted by suicide

Jesuit Social Services: Support after Suicide: 9421 7640

Standby Murray: 043 917 3310

Children and adolescent psychology service

Cobaw Community Health: 5762 4629

Psychology and counselling service

Macedon Ranges Health: 5762 1022

Cobaw Community Health: 5762 4629

Psychology and counselling service (Private providers)

Search online or ask your GP for a recommendation.

## Peer Support



If bereaved by suicide

Macedon Ranges Suicide Prevention Action Group (MRSPAG): [www.mrspag.com.au](http://www.mrspag.com.au) or [peersupport@mrspag.com.au](mailto:peersupport@mrspag.com.au)

Survivors of Suicide Bereavement Association: [www.sosbsa.org.au](http://www.sosbsa.org.au)

Local health and community services in the Macedon Ranges are working together to support family, friends and local residents impacted by a suicide. We hope this resource is helpful to you.



# Macedon Ranges Shire

# Support after suicide

The suicide of a loved one is an experience that is often intense and overwhelming. Many people struggle to deal with the emotions and thoughts that arise. It can have an impact on a person's sense of themselves, their value, worth and their sense of safety in the world.

Grief is not the only experience that people bereaved by suicide face. Many people also suffer the impact of trauma. This includes those who found the person as well as those hearing about it.

This leaflet provides reliable information and resources for those living in Macedon Ranges Shire.

If you live in the Macedon Ranges Shire these services can help



## TAKING CARE OF YOURSELF

The pain of suicide loss can't be eased quickly but there are things you can do that will help:



Be kind to yourself - don't compare your grief or your methods of coping because everyone is different.



Take time out – It's ok to give yourself time out from the pain you are experiencing by doing something you enjoy, even if you don't feel like doing it all the time.



Stay connected and accept support from friends, family, and support networks. This will reduce your sense of isolation and feeling of loneliness associated with grief.



Stay healthy – grieving is exhausting, eat well, hydrate, exercise, try to sleep and avoid drugs and alcohol.



Prioritise daily tasks – only do what is essential, avoid making major decisions until you can think more clearly.



Honour the deceased person – talk about them, keep a journal, share memories and photos. Remember the good and the bad.

## WHEN YOU NEED MORE SUPPORT

Loss to suicide can impact on physical and mental health. You are not alone and there is help available.



Talk to your GP about how you are feeling



Ring or go on-line for support/counselling. Available 24/7



Talk to a local councillor/psychologist



Join a suicide bereavement support group: Sharing your experience with others who have been through similar experiences will help you realise you are not alone and you can survive.



Ask your workplace about Employee Assistance Program (EAP)



Ask your school who is the well-being person/team for students to talk to

## WHEN YOU ARE AT IMMINENT RISK OF HARM

Grief in response to a suicide can be particularly intense, overwhelming and thoughts of suicide may also emerge.



Reach out to someone you trust to assist you to get help



Ring Mental health triage for hospital support (Enhanced Crisis Assessment Team) 1300 363 788



Ring Lifeline 13 11 14 .Available 24/7



Ring 000 for emergency transport to hospital

## RESOURCES

There are also information fact sheets that you may find helpful:  
[www.standbysupport.com.au/resources](http://www.standbysupport.com.au/resources)  
[www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

- What happens now
- Grief after suicide
- Why is grief different
- Unanswered questions
- Supporting children
- Preparing children for a funeral
- Living with grief
- Managing social stigma
- Having trouble sleeping
- Unwelcome thoughts
- The suicide note
- Witnessing a suicide
- Honouring anniversaries
- Returning to work
- Books and websites