

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

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

Immediate help for **depression and anxiety**
Beyond Blue 1300 224 636

Counselling for **young people**
Kids HelpLine (aged 5-25): 1800 55 1800
headspace (aged 12-25): 1800 650 890

Counselling for **men** with emotional health and relationship concerns
MensLine Australia: 1300 789 978

LGBTIQ+ peer support and referral (3pm to Midnight)
Switchboard: 1800 184 527

After suicide support for **First Nations people**
Thirrili: 1800805 801

Professional phone and online counseling 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
Bendigo Health: 5471 1000

Psychology and counselling service
CHIRP Community Health: 5479 1000

Psychology and counselling service (Private providers)
Search online or ask your GP for a recommendation.

Peer Support



If bereaved by suicide
ELM (Every Life Matters) is a suicide prevention & awareness group in Mount Alexander. They run a monthly Peer Support Group open to anyone who has been affected by the death of another by suicide. The group is friendly, open and warm. For more info:
Website: <https://www.cch.org.au/elm/>
Email: theelmnetwork@gmail.com

This brochure was created by the Mount Alexander Suicide Response Group (MASRG). Re-established in late 2020, MASRG is made up of members from Ambulance Victoria, Anglicare Victoria, Castlemaine Health, Castlemaine Secondary College, Central Vic Primary Care Partnership, Castlemaine District Community Health, ELM, headspace Bendigo, HALT Hope Assistance Local Tradies, Mount Alexander Shire Council, Mind Australia Limited, Mostyn Street Clinic, Murray PHN, Nalderun, Standby and Victoria Police.

Mount Alexander 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.

People grieve in different ways and bereavement after suicide can be particularly complicated. Apart from sadness, you may feel shock, anger, guilt, shame and social isolation. These are natural and normal emotional responses after a loved one takes their own life and are part of the healing process.

It is important to remember that you are not alone and that there is help available. This leaflet provides reliable information and resources for those living in Mount Alexander Shire

*If you live in the Mount Alexander 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
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