

Support for suicide bereavement

A guide to specialised information and support



Prepared by

Perth Metropolitan Suicide Prevention Coordinators with members of the Metropolitan Suicide Postvention Development Group and regional Suicide Prevention Coordinators, Western Australia.

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Neami National

Neami National is a specialist mental health organisation with over 30 years' experience delivering a broad range of psychosocial recovery and clinical services across Western Australia, Victoria, Queensland, New South Wales and South Australia. Neami's WA services include:

- Suicide Prevention Services
- Community-Based Mental Health Support
- Recovery Oriented Clinical Mental Health Services
- Specialist Community Supports.



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.



We are committed to cultivating inclusive environments for staff, consumers and carers and celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



Support for suicide bereavement



The loss of someone to suicide is especially difficult. This brochure has been prepared to provide you with specialised information and support.

Grief counselling and support services

ARBOR

1300 11 44 46

Suicide bereavement support for adults

CYPRESS

1300 11 44 46

Suicide bereavement support for young people

Lifeline WA Grief and Bereavement Program

08 9261 4444

Counselling for families and individuals

Thirilli National Indigenous Postvention Service

1800 805 801

Supports individuals, families and communities affected by suicide

Mates StandBy

0409 996 260 (after hours 1300 642 111)

Support for construction workers and families affected by suicide in WA

Telephone and online support

Lifeline 13 11 14

Beyond Blue 1300 224 636

MensLine Australia 1300 789 978

Griefline 1300 845 745

QLife 1800 184 527 (3pm–12am)

Support for LGBTI+

Open Arms 1800 011 046

Veterans and families counselling

Support for young people

Kids Helpline 1800 551 800

Youth Beyond Blue 1300 224 636

headspace 1800 650 890

Youth Focus 08 6266 4333

Helpful online information and resources

For further information you can search online for the below resources:

StandBy – Support after suicide

Conversations Matter – Suicide bereavement

Beyond Blue – Suicide and grief

Think Mental Health – Bereaved by suicide

Lifeline – Suicide bereavement





www.neaminational.org.au

Providing mental health, homelessness and suicide prevention support
and working to strengthen local communities.

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