

Support for suicide bereavement

A guide to specialised
information and support

Perth Metro Suicide Prevention Coordination



Acknowledgements



The **Suicide Prevention Coordinator** program is funded by the Mental Health Commission of Western Australia and works within the community and with service providers to build the capacity to prevent and respond to suicide. Neami National is responsible for the Perth Metropolitan region and works with the Commission to deliver on the **current state-wide suicide prevention strategy**.

This guide was prepared by the Perth Metropolitan Suicide Prevention Coordinators with members of the Metropolitan Suicide Prevention Development Group and regional Suicide Prevention Coordinators, Western Australia.

Disclaimer

The information in this guide is for general use only. While Neami National has made every effort to ensure the information in this guide is accurate, the advice within it may not apply to all circumstances. Neami is not responsible for the suitability of the information for your specific circumstances, or any actions taken because of the information included in this guide. You must make your own assessment of the information contained in this document and whether you choose to rely on it.

Please advise of any changes to the services listed via:
spc.metro@neaminational.org.au

Neami supports people to achieve the wellbeing and mental health outcomes that matter to them. We provide services across Australia supporting mental health and wellbeing, housing and homelessness, and suicide prevention.

In Western Australia, our services include:

- suicide prevention services
- community-based services for people experience mental health and wellbeing challenges
- individual and group therapy and other targeted supports
- short-term residential mental health supports.

Contact us

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4-8 Water Road,
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F 03 8678 1106

hello@neaminational.org.au
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We acknowledge Aboriginal and/or Torres Strait Islander communities as the traditional custodians of the land we work on and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded.



Neami is committed to cultivating inclusive environments for staff, consumers and carers. We 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 options.

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

MATES in Construction

1300 642 111

Support for construction workers and families affected by suicide in WA

Standby

1300 727 247

Support for anyone bereaved or impacted by suicide

Thirilli National Indigenous

Postvention Service

1800 805 801

Supports individuals, families and communities affected by suicide

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)

LGBTQIA+ peer support

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

Need help with information?

WA Sector Navigation support:

Peer Pathways: 08 9477 2809 | Mon-Fri, 9am-5pm

Here for you: 1800 437 348 | 7 days, 7am-10pm

neaminational.org.au

