

CONVERSATIONS MATTER

resources for discussing suicide



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?

"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?



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

Suicide Call Back Service 1300 659 467
www.suicidecallbackservice.org.au

beyondblue 1300 22 4636
www.beyondblue.org.au

Kids Helpline (5-25 years) 1800 55 1800
www.kidshelp.com.au

headspace (12-25yrs) 1800 650 890
www.headspace.org.au

Other services and sources

Mindhealthconnect
www.mindhealthconnect.org.au

Social and Emotional Wellbeing and
Mental Health Service
www.sewbmh.org.au