

WHAT DO I SAY? WHAT DO I DO?

PLEASE JOIN US FOR A FREE
WORKSHOP

Do you know someone who has lost a loved one to suicide or are you bereaved by suicide?

In this workshop you can increase your understanding of the impact of suicide and learn basic support skills.

Topics covered are:

- What is Postvention?
- Crisis, trauma and grief
- What makes suicide different?
- Support approaches and best practices
- Self-Care



EVENT DETAILS

DATE: Tuesday, 20 October 2020

TIME: 9am - 12pm

VENUE: 30 Graham Street, Albany

FACILITATED BY: StandBy National & Palmerston

Light snacks will be provided and a trained support person will be available.

FOR MORE INFORMATION CONTACT:

Hannah Dube at Palmerston

E: hdube@palmerston.org.au

T: 9892 2100

RSVP until 15 October 2020



Palmerston
Improving your wellbeing

WWW.STANDBYSUPPORT.COM.AU



StandBy is an Australian Government initiative



We acknowledge the traditional Custodians of the land on which we operate, and pay our respects to their elders past, present and emerging.



Our organisation is a place where human rights are respected and people of diverse genders and sexual orientation are welcomed and supported.