

Supports After Suicide or Sudden Loss

Perth Metropolitan Area
May 2021



Acknowledgments

This resource was prepared by Perth Metropolitan Suicide Prevention Coordinators with members of the Metropolitan Suicide Postvention Development Group.

The Group acknowledges that suicide bereavement is different. It has unique and complex features that distinguish it from other types of bereavement. Dedicated suicide bereavement support is invaluable.

Many thanks to everyone who contributed.

Contact us

Please contact us for feedback, edits and comments:

spc.metro@neaminational.org.au

The most up-to-date version of this resource will be on our website here:

www.neaminational.org.au/find-services/perth-metro-suicide-prevention-coordination 

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Supports After Suicide and Sudden Loss



The loss of a loved one is a difficult time - please know that there are many organisations and community groups that are available to support you.

Anglicare WA – ARBOR

[www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-\(arbor\)](http://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-(arbor)) 

ARBOR stands for **A**ctive **R**esponse **B**ereavement **O**ut**R**each. ARBOR is a free service that offers short-medium term grief- counselling, practical/ emotional support, appropriate referral support, volunteer lived-experience peer support and support groups. ARBOR is an early and active brief-intervention program with the aim of supporting people recently impacted by suicide (recently impacted means: up to 2 years post suicide-loss).

- **ARBOR Grief Counselling**

ARBOR suicide-bereavement counsellors can provide support and strategies for managing grief, as well as appropriate referrals within or external to Anglicare WA services. ARBOR counselling sessions are typically an hour long and can be one-on-one or involve multiple clients. The setting of counselling is flexible to meet client-needs, for example, at times a home visit may be more suitable. ARBOR also offers telephone counselling via appointment only (note: this is not a crisis line. Please phone Lifeline on 13 11 14 if you are in crisis).

- **ARBOR Lived-Experience Peer Volunteers**

ARBOR lived-experience Peer Volunteers are people who have experienced bereavement by suicide, who wish to help others and are trained to support others through similar situations. Lived-experience Peer Volunteers attend the ARBOR Newly Bereaved Groups in conjunction with the ARBOR Counsellor to provide support and empathy to participants.

- **Lived-Experience Suicide Support Groups**

This is an open and on-going group that occurs once a month in North (Midland) and South (Rockingham). This group provides informal social support to people bereaved by suicide and is guided by ARBOR lived-experience Peer Volunteers and the ARBOR Peer Support and Project Officer. The aim of the group is to provide a safe environment for people to share their grief-journey with others bereaved by suicide.

Individuals are welcome to join the group without a booking, however; on the first occasion individuals are asked to connect with the ARBOR Peer Support and Project Officer to gather specific details, and have any questions answered. Phone 1300 11 44 46 or email arbor.bereavement@anglicarewa.org.au.

- **Cultural Support**


ARBOR is designed to be as inclusive as possible and is appropriate for a culturally and linguistically diverse range of clients. Suicide bereavement support is offered to Aboriginal people and communities through partnerships with local Aboriginal specialist services.

- **Suicide Awareness Training for allied health professionals**

ARBOR offers Suicide Awareness training packages to professionals and communities. This training has been developed to provide insight into suicide bereavement and information regarding appropriate referral pathways.

How can ARBOR be accessed?

Clients: Please phone 1300 11 44 46 to discuss booking an appointment or any of the above-mentioned information. Or, email: arbor.bereavement@anglicarewa.org.au.

Professionals: Please phone 1300 11 44 46 to discuss booking an appointment or any of the above-mentioned information. Or, email: arbor.bereavement@anglicarewa.org.au. Alternatively, please complete an on-line referral form: [www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-\(arbor\)/for-professionals](http://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-(arbor)/for-professionals) 



Anglicare WA – CYPRESS

www.anglicarewa.org.au/get-help/mental-health/children-young-people-responsive-suicide-support 

CYPRESS stands for **C**hildren & **Y**oung **P**eople **R**esponsive **S**uicide **S**upport (CYPRESS). It is a free and long-term support service for children and young people between the ages of 6 and 18 who have been bereaved by suicide. CYPRESS services offered include:

- **Triage based assessment**
A fortnightly phone check-in service for waitlisted clients, and appropriate referrals to internal and external support services, if required.
- **Counselling**
Individual, group or family counselling is provided by professional Bereavement Counsellors who are also specialised in working with children and young people.
- **Home visits and outreach**
Counsellors can visit the family home, school, youth centre, community centre, park or nominated place to provide support where people feel most comfortable.
- **Support Groups**
Therapeutic and psychoeducational groups are available for children, young people and their families.
- **Community Capacity Building**
Provide information and/or support sessions to other professionals on suicide prevention.
- **Peer Support**
Increase connectedness and reduce feelings of isolation by linking in with others who have a lived experience of suicide.

How can CYPRESS be accessed?

CYPRESS operates across the entire metro area and offers outreach and office-based support as needed. Agencies, schools, individuals, families and friends can contact CYPRESS during business hours between 8:30am and 4:30pm. Referrals can be made by telephoning the CYPRESS contact line on 1300 11 44 46 or emailing them to cypress@anglicarewa.org.au.

Primary and Secondary Schools

Postvention processes following a loss is guided by the schools. Schools are often already responding or planning to respond well before any formal news that a student or other member of their school community has died by suspected suicide. Schools match their response to presenting need and engage with external services such as headspace, Youth Focus, Child and Adolescent Mental Health Service (CAMHS), Chaplains or other local services as well as internal supports for their system - for example the Department of Education has access to School Psychologists and Lead School Psychologists for consultation and support.

Further information

For further information, the *School Response and Planning Guidelines for Students with Suicidal Behaviour and Non-Suicidal Self-Injury* has a Postvention section which relates to Department schools as well as non-Government schools from Catholic Education WA and the Association of Independent Schools WA.



GriefLine

www.griefline.org.au 

GriefLine is a free national helpline offering confidential phone counselling and support to anyone experiencing grief, loss, trauma, loneliness and/or isolation. Their trained and experienced volunteers provide skilled interventions, compassion, empathy and an opportunity to work with an individual's experience of grief, loss or trauma. The GriefLine website is filled with evidence-based resources to help people understand and navigate their experience with grief and loss.

How can GriefLine be accessed?

GriefLine National toll-free helpline

Available 7 days a week, 6am to midnight AEST on 1300 845 745

GriefLine State (WA/SA/NT) helpline

Available 7 days a week, 6am to midnight on 08 6244 8196

Online Moderated Forums

Visit www.griefline.org.au for more information.

HOPES Support Group

Helping Other People who've Experienced Suicide loss (HOPES) Support Group currently meets monthly in the evening in comfortable and safe surroundings in Marangaroo. Their peer facilitators are themselves bereaved by suicide and use their training and lived experience to support people towards surviving this devastating event. They help people through the painful changes occurring after a suicide and offer some answers to the myriad of questions surrounding a traumatic loss. The group's main aim is to 'normalise' the feelings and reactions that people have after suicide.

How can HOPES Support Group be accessed?

Phone: Margaret on 0410 631 157

Email: hopes.aftersuicidehelp@gmail.com

Injury Matters, Road Trauma Support WA

For anyone affected by road trauma

www.rtswa.org.au 

Road Trauma Support WA is a state-wide service that provides information, support and counselling to anyone affected by road trauma, regardless of when the incident occurred or what level of involvement the person had, direct or indirect. They support those who have been involved in and/or injured in a road crash, their families, friends and carers, those who have witnessed a crash or are first on the scene, first responders and those who may have caused a road crash to occur. Counselling is free of charge; no referral is required and there is no limit on the number of sessions.

How can Road Trauma Support WA be accessed?

Phone: 1300 004 814

Email: admin@rtswa.org.au

Address: Level 2, 297 Vincent Street, Leederville WA 6007



Lifeline WA – Grief and Bereavement Program

www.lifelinewa.org.au/Services/Bereavement-counselling 

Lifeline WA's Grief and Bereavement Program offers up to 6 free counselling sessions to families and individuals, including children, at times of loss and grief. This service is available to support people at anytime, regardless of how long ago the loss may have occurred. Lifeline WA Counsellors are well qualified and are supported by specialist training in grief and more complex bereavement. They can provide individual and family counselling. Services can be accessed face to face in the Perth Metro area and across all of Western Australia by telephone or video call.

How can Lifeline WA's Grief and Bereavement Program be accessed?

Bereavement Counselling appointments can be made directly by the individual/s or facilitated by an agency by contacting 08 9261 4444 or by email on reception@lifeline.wa.org.au. Bereavement services provided by Lifeline do not generally have a waitlist. Clients can call the Northbridge services (08 9261 4444) and confirm appointments on the same day if not; within a week at most.

Lionheart Camp for Kids

www.lionheartcampforkids.com.au 

Lionheart is a community-based service that provides support to grieving families. Every year, countless children experience the death of someone they love. Lionheart believes no child should face this struggle alone. Their unique programs give children the chance to cry, laugh, grow, and heal. Kids meet other kids in similar circumstances, and together, they grow stronger.

Children and teens ages 5-17 attend their camps that combine traditional, fun camp activities with grief education and emotional support, free of charge for all families. Led by grief professionals and trained volunteers, Lionheart provides a unique opportunity for youth to increase levels of hope, enhance self-esteem, and especially to learn that they are not alone.

Lionheart partners with Western Australian organisations to bring hope and healing to hundreds of grieving children and teens each year through camps, online resources, life skill workshops and feeling a sense of belonging in close knit and supportive community of others who have experienced the death of a family member too.

Lionheart allows youth to:

- Tell their story in a safe environment
- Process grief in healthy ways
- Meet friends facing similar circumstances
- Learn they are not alone
- Build a tool-box of coping skills
- Honour and memorialise loved ones
- Have fun!

How can Lifeline WA's Grief and Bereavement Program be accessed?

To register for Lionheart or for more information head to the website www.lionheartcampforkids.com.au check out Lionheart Camp for Kids on Facebook and Instagram or phone on 0481 199 758.



MATES in Construction WA

For the building and construction industries – www.mates.org.au 

- MATES WA provide free and confidential grief and bereavement support for all members of the building and construction industry and their immediate families. Support is available for loss that has occurred at any stage in the individual's life and includes support post suicide or suicide attempt.
- MATES also provide support to anyone directly impacted by the suicide or suicide attempt of a building and construction worker. This includes: family and friends, workmates, employers, witnesses or responders to the incident, sporting clubs, and other community groups the worker was affiliated with.
- All MATES support services are free, confidential and accessible 24/7 through the MATES help and referral line on 1300 MIC 111 (1300 642 111). Following immediate telephone support you will be linked to a MATES case manager who will offer timely telephone and/or face to face support.
- MATES case managers are tertiary trained in psychology, social work or counselling and provide empathic, short-term support and referral based on your identified needs and goals. They are not a clinical service and do not provide long-term counselling; but will refer you to specialist services for ongoing care where appropriate.
- For construction industry workplaces impacted by the death or suicide of an employee, MATES also provide a free co-ordinated Psychological Safety Response that aims to normalise emotional responses to the event and promote safety, calm, connectedness, efficacy, hope, help-seeking and help-offering. The response includes planned site visits, support resources and case management support for Managers and employees seeking further assistance.

How can MATES postvention support be accessed?

To access MATES grief and bereavement support, please contact the free 24/7 MATES help and referral line on 1300 MIC 111 (1300 642 111). The MATES in Construction office is located in Malaga and can also be contacted during business hours via phone on (08) 9463 6664 or via email on adminwa@micwa.org.au for appointments.

MATES in Mining

For the mining industry – www.mates.org.au/mining 

- MATES in Mining is an evidence-based suicide awareness, prevention and postvention program for the mining industry. The program leverages industry participation and support to further imbed suicide prevention and mental health awareness into the industry culture.
- Workforce capacity building is provided through clear pathways of education, training and support – building communities of MATES who can look out for MATES. The program is adapted to mirror safety structures onsite and engages the entire workforce in providing a mentally safer and healthier workplace.
- In addition to the education and training provided to prevent suicide, MATES in Mining can provide postvention support – the support a site may need after a worker or a worker's family member has died by suicide. The grief that follows a suicide can be complex, often leaving people with unanswered questions. Postvention is designed to help those grieving after a suicide to ensure they receive appropriate help and support.
- MATES also provides Case Management support via qualified professionals (Social Workers or Psychologists) to further assist workers who are struggling after a suicide by someone they know. A “brokerage” model of case management is used whereby case managers do not provide clinical services but connect the worker to appropriate services in their industry or their community. These services include workplace EAP's, financial counselling, drug and alcohol counselling. Workers also have access to the MATES dedicated 24/7 telephone support/crisis line (1300 642 111).

How can MATES postvention support be accessed?

To access MATES grief and bereavement support, please contact the free 24/7 MATES help and referral line on 1300 MIC 111 (1300 642 111). The MATES in Construction office is located in Malaga and can also be contacted



Miners' Promise

For mining and resource sector employees and their families

www.minerspromise.org.au 

An independent member and industry partnership based organisation established to assist mining and resources sector employees and their immediate families by providing practical, emotional and financial support when impacted by a crisis event or death. It is through member subscriptions, industry partnerships and individual and corporate donations made to Miners' Promise, that they are able to continue to help the many families who find themselves unexpectedly and sometimes tragically needing help. Their fundamental service is the practical, emotional and financial support provided to resources sector families following a death, or other significant crisis event such as a serious illness or accident.

When a significant event such as a death occurs, Miners' Promise is immediately on hand to assist families. They meet with the family to determine and tailor the type of support needed. When a request for support is initiated, a full assessment is undertaken, allowing those in crisis to be intimately involved in determining their priorities and immediate needs. Typically, support includes 24/7 emotional support and practical support that can include acting as a liaison between for example, an employer, probate lawyer, superannuation and government agencies, and it may involve providing immediate financial assistance to pay bills or assist with funeral costs.

How can Miners' Promise be accessed?

Phone: 1300 124 014

Email: info@minerspromise.org.au

Office: Level 10, 2 Mill Street, Perth WA 6000

Solace Grief Support Group WA Inc

For people who have lost their spouse or partner

www.solacegriefsupport.org.au 

Solace Grief Support Group WA is a peer led, self help organisation for those who are grieving the death of their spouse or partner. Solace WA provides a caring environment where people are welcome and invited to share their story and receive support. When one's partner dies normal life as you knew it ceases.

Solace WA provides trained facilitators and support workers who all have experienced the death of their loved one. Café and walking groups are also held each month at different locations. They also offer telephone support and meeting up initially on a one to one basis when first contact is made.

What we value when grieving:

- To feel safe and supported when expressing feelings;
- To be able to talk about our loved one and mention their name, even if we cry;
- To have our feelings and experiences recognised, acknowledged and validated;
- To feel connected with others who have been where we are now;
- An acceptance that we are similar, yet different, since our loved one died.

How can the Solace Grief Support Group be accessed?

Support group meetings are held each month at West Perth, Connolly, Gosnells and Mundaring.

Contact details are mobile 0488 991 084 or email info@solacegriefsupportwa.org.au

It may not be easy to make contact, however please know that you and your call will always be welcome.



Soldiers & Sirens

For past and present First Responders and Military Personnel

www.soldiersandsirens.com.au 

Soldiers & Sirens have a new and innovative service delivery approach, that incorporates peer support from those who have served, allowing military and first responders to recover in a supportive community for growth. At low or no cost, Soldiers and Sirens offers professional mental health services inside an empathetic and understanding community of support; which extends from individual clients to their families. Soldiers and Sirens provides face to face individual, couples and family therapy with trained and registered Psychologists and Counsellors.

How can Soldiers & Sirens be accessed?

Phone: 0421 546 822

Email: info@soldiersandsirens.com.au

Address: 6/22 King Edward Rd, Osborne Park WA 6017

Soldiers & Sirens Facebook page

24 Hour crisis assistance for members 0421 546 822

State Mortuary Bereavement Viewing Facility

The therapeutic benefits of a viewing to the grieving process are well regarded. The Bereavement Officer at the Bereavement Viewing Facility is available during business hours to provide information and support. You can contact the Bereavement Officer on 6383 4895 with any questions or to make an appointment. The Facility is located at the PathWest State Mortuary, Sir Charles Gardiner Hospital, JJ Block, Hospital Avenue, Nedlands WA 6009.

The Compassionate Friends of Western Australia Inc. and The Compassionate Friends Mandurah Inc.

The Compassionate Friends of W.A (T.C.F.W.A) is a self-support organisation offering friendship and understanding to bereaved parents. Its purposes are to:

- promote and aid parents, siblings and grandparents in the positive resolution of the grief experienced after the death of a child at any age
- foster emotional and physical wellbeing for the whole family whilst never forgetting those children who have died.

The Compassionate Friends is not a crisis intervention centre nor are meetings “therapy” sessions. Yet healing happens slowly and gently as parents gain insight and have an opportunity to talk through their feelings in an accepting atmosphere where others are able to reach out to the newly bereaved.

We offer Support Groups for bereaved parents and siblings, phone support, newsletters and Annual Memorial Events.

The Compassionate Friends is part of an International organisation and they have two Chapters in W.A. The Mandurah Chapter also offers a monthly Suicide Support Group.

How can The Compassionate Friends be accessed?

**The Compassionate Friends of WA -
Metro and North of Western Australia**

Phone: 6107 6288

Email: info@compassionatefriendswa.org.au


www.compassionatefriendswa.org.au 

**The Compassionate Friends Mandurah -
Mandurah and the South West from Kwinana**

Phone: 9535 7761

After Hours: 9582 8113

Email: tcfmandurah@bigpond.com

www.tcfmandurah.com.au 

National Helpline 1300 064 068



The Grief Centre of Western Australia

www.griefcentrewa.org.au 

The Grief Centre of WA is available for adults, teenagers and children who are grieving after the death of a loved one or someone close to them. The Centre provides psychological, emotional and creative support options for people experiencing grief through bereavement, regardless of the circumstances or how long ago it occurred. Individual and family counselling is provided as a fee-for-service which may be reduced for those who provide evidence of financial difficulties. Sessions occur at the Centre's premises in Tuart Hill, over the phone or via video call.


The Grief Centre of WA also offers in person and online grief support groups for anyone who has suffered the loss of a loved one as well as those who are suffering through living-losses. This includes losses associated with COVID19 such as social isolation, relationship breakdown, the loss of employment, or being able to attend funerals or other significant occasions.

How can the Grief Centre WA's services be accessed?

Phone: 0404 658 052

Address: 105 Banksia Street, Tuart Hill

Thirrili

For Aboriginal and Torres Strait Islander people and their families – www.thirrili.com.au 

The National Indigenous Postvention Service (NIPS) supports individuals, families, and communities affected by suicide or other significant trauma. Once they are notified of a loss of an Aboriginal and Torres Strait Islander person to suicide or other traumatic incident, they assess who is best placed to assist the family. They will work with local Elders, community and Aboriginal and /or Torres Strait Islander organisations to ensure a community response is put in place to support bereaved individuals and families. They can travel to provide support if invited by the family or can provide advice to Community Leaders or Elders and local services on how best to respond.

Thirrili's aim is not to replace the good work being done by local services. Rather, they aim to compliment the work being done by local services to ensure the best outcome for families and their communities. Thirrili meet with individuals and families to discuss their needs. They are able to provide practical social support, link people with a range of local social, health and community services and where appropriate continue to work with local services to ensure care and support continues beyond the immediate aftermath of the traumatic incident (throughcare). Thirrili can advocate on behalf of families to assist them to access the supports they need in their time of grief. Their impartiality and independence enables them to be strong advocates for families, ensuring that services are working together to provide coordinated care.

How can Thirrili be accessed?

To contact an Advocate call 1800 805 801 (24 hours, 7 days a week). Generally, the phone is answered by an Aboriginal Support Advocate. If for some reason the call is diverted to an answering machine, please leave your best contact number, and the Support Advocate will call you back as soon as possible.

Other

Your local GP is also available to support you and assist you to connect with support services. They may provide you with a Mental Health Treatment Plan, under which you can access up to 20 individual sessions with eligible mental health providers per calendar year with rebates. It is suggested that you request, or try to source someone who specialises in grief and bereavement.

Many medium to large size workplaces provide an Employee Assistance Program, also known as EAP. You may like to consider using an EAP if available to you, these are usually confidential and free of charge.



Relevant Helplines



If you or someone you know is at immediate risk of harm, call 000 or 112 from mobile phone.

24/7 Services

Lifeline
13 11 14

Suicide Call Back Service
1300 659 467

Kids Helpline
1800 55 1800 (5–25 years)

Beyond Blue
1300 22 4636

Samaritans
13 52 47

Sexual Assault Resource Centre
1800 199 88

MensLine Australia
1300 78 99 78

Parent and family drug support line
9442 5050 (Metro) 1800 653 203 (Country)

Open Arms
1800 011 046 (Veterans and families counselling)

Mental Health Emergency Response Line (MHERL)
1300 555 788 or 1800 676 822 (Peel)

Alcohol and Drug Support Line
08 9442 5000

Other Services (not 24/7)

Crisis Care Helpline
(after hours)
9223 1111

QLife (LGBTIQ+)
(3pm–midnight AEST)
1800 184 527

SANE Australia
(Mon–Fri, 10am–10pm AEST)
1800 18 7263

GriefLine
(6am–midnight AEST)
1300 845 745

Eheadspace
(9am–1am AEST)
1800 650 890 (12–25 years)

PANDA National Helpline
(Mon–Fri, 9am–7.30pm AEST)
1300 726 306 (post & antenatal depression)

Butterfly National Helpline
(8am–midnight AEST)
1800 334 673 (eating disorders/ body image)

Lifeline Text
(6pm–midnight AEST)
0477 13 11 14




Resources



“When Someone Takes Their Own Life...what next?” Booklet

The resource *“When Someone Takes Their Own Life...what next?”* Booklet was developed in WA by people who have lost a loved one to suicide and can be found on the page below:

www.thinkmentalhealthwa.com.au/supporting-others-mental-health/how-to-help/supporting-someone-bereaved-by-suicide/ 

Hard copies can be ordered by request from the WA Mental Health Commission.

Sudden Loss Support Kit

The Sudden Loss Support Kit includes information for families and friends who lose a loved one in a sudden or unexpected way, including suicide. This resource was developed by the Tasmanian Department of Health and Human Services.

www.dhhs.tas.gov.au/__data/assets/pdf_file/0005/47354/DHHS_Sudden_Loss_Kit_Booklet_v3.pdf 

SANE Australia www.sane.org

SANE Australia has factsheets and podcasts on suicide bereavement including:

Has someone close to you died by suicide?:

www.sane.org/information-stories/facts-and-guides/has-someone-close-to-you-died-by-suicide  and

Is someone close to you bereaved by suicide?:

www.sane.org/information-stories/facts-and-guides/is-someone-close-to-you-bereaved-by-suicide 

The National Standby Support After Suicide program

The National Standby Support After Suicide program has a range of excellent resources available at:

www.standbysupport.com.au/resources/ 

Support After Suicide

Jesuit Social Services provides information and resources for those experiencing bereavement following a suicide loss and is available at www.supportaftersuicide.org.au 



Find out more



For further information please contact:

Alison Clements, Manager, Suicide Prevention Coordinators

M: 0499 393 353

E: alison.clements@neaminational.org.au

W: www.neaminational.org.au

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
- Housing/ Homelessness 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.





www.neaminational.org.au

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

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