



Supports After Suicide or Sudden Loss

Perth Metropolitan Area
February 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: <https://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.

Alphabetical Listing

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: [https://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-\(arbor\)/for-professionals](https://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 **RE**sponsive **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.

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.

MATES in Construction

For building and construction industries

www.mates.org.au

MATES provide bereavement support following worker or family member suicide or attempted suicide for those who work in the building, construction and mining industries.

MATES is an industry based postvention response service, supporting Building and Construction industry workers and their immediate family members. MATES is part of the MATES in Construction WA program and offers a free, confidential 24/7 bereavement support service. The program is designed to address the impact of a suicide as connected to a workplace community.

MATES uses an active outreach model, **seeking** to identify those impacted by suicide, and to improve capacity for help-offering as well as help seeking. MATES can support building and construction industry members impacted by a suicide that has occurred at any stage in their life. They also offer service to anyone related to this community who has been directly impacted by an industry members suicide. This may include:

- Workers and their workmates
- Immediate family of workers
- Industry employers
- Worksites affected by a loss or an incident
- Witnesses or responders to incidents.



The service is free and accessible 24/7 through the MATES help and referral line (below). MATES offer direct and coordinated support, and as needed, referral to local community services for ongoing assistance and practical help. MATES offer expertise, understanding and resources matched to each individual's particular situation and needs. They provide prompt face-to-face and/or telephone support at a time and place that is guided by individual needs. Short-term case management and unlimited follow up contact is available to ensure people receive any ongoing help they may need. MATES provide information and guidance for workplaces and employers responding to workforce needs. They can provide site visits and planned responses to suit workplaces impacted by suicide.

How can MATES bereavement support be accessed?

To access MATES bereavement support, please contact the free 24/7 MATES help and referral line 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 and 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 in Mining be accessed?

To find out more about adopting MATES in Mining, please contact info@matesinmining.org.au phone (07) 3063 7055 or call the 24/7 telephone support line on 1300 642 111.



Solace Grief Support Group WA Inc

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 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.

From February 2021 the Grief Centre will also run Community Grief Gatherings to honour the many losses being felt across our community.

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

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.

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

www.standbysupport.com.au/resources/

