

Support Group Guidelines:

- Confidentiality is essential. We expect that each person will respect and maintain the confidentiality of the group. What is said in the group is not to be repeated or discussed at any other time or place.
- We are here to share our feelings and experiences; not to give advice.
- We accept people just as they are and we don't make judgements.
- We give everyone the opportunity to share.
- We will not use offensive language although we do acknowledge that each member may experience a range of emotions including anger.
- We have the right to speak and the right to remain silent, as silence can be healing.
- We give supportive attention to the person who is speaking and avoid side conversations.
- We do not discuss people in the group when they are not present.
- In the meeting there will be laughter and tears and both are okay.



www.suicidebereavement.org.au



www.facebook.com/suicidebereavementau/



groups@suicidebereavement.org.au



Support Groups run in these locations:

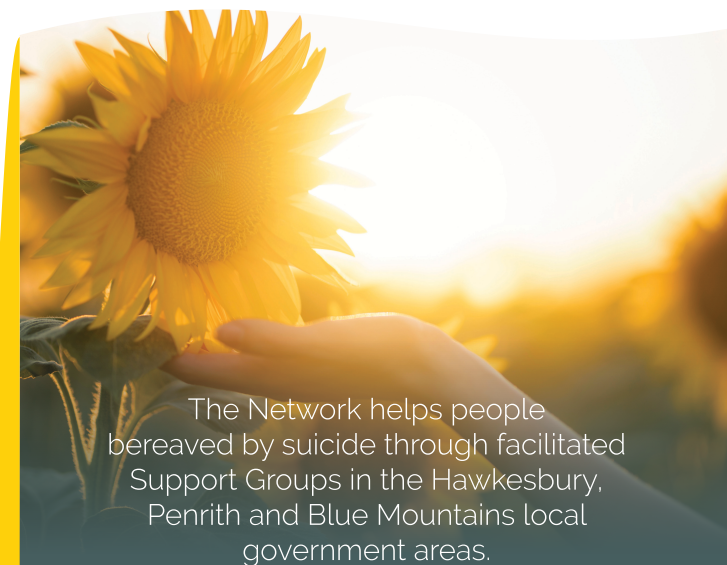
Penrith CBD

Katoomba

Blaxland

Windsor

North Richmond



The Network helps people bereaved by suicide through facilitated Support Groups in the Hawkesbury, Penrith and Blue Mountains local government areas.



I get strength from a group of people that I wish I had never had the cause to meet... twice a month you can find me getting the support to make it through.

D.C. (Group Participant)



Why join a Support Group?

For every suicide, many people are directly affected, including family, friends, colleagues and the wider community.

There is a recognised stigma around suicide, which can make it difficult for people to express their grief and to get the necessary support and recognition for their loss.

Connecting with people who are going through a similar experience can be very powerful. For many, the support and sharing of emotions in a safe space becomes a crucial part of their healing process.

What happens at a Support Group?

Suicide bereavement Support Groups are facilitated by a trained health professional and a co-facilitator, and are tailored to meet the needs of everyone in the group.

Our Support Groups tend to include:

- Facilitated discussion, on topics relevant to people within the group.
- Skill training or activities, to provide people with tools to assist with managing feelings and experiences outside of the group.
- An informal tea break to help people adjust and be ready to resume their day.

You don't have to talk. Sometimes people just want to sit and listen and at other times they want to share and discuss their experiences.

Who can attend?

Our Support Groups are for adults. There are other services available that specialise in assisting young people and children. The Network is happy to connect people with available resources - if required.

When is the right time to attend?

This is a very individual decision. Some people find it helpful to talk to others soon after the death. Others find they are not ready for months or years. The important thing is that you feel free to attend when you are ready. If you are not sure, you can arrange a time to meet with the Facilitator of your local support group to discuss further.

What is the cost?

There is no cost for people to attend, as all operating costs are paid for by The Network.

How many people attend?

The Support Groups are intentionally small (no more than 10) to create a safe place for sharing and support.

How do I join a support group?

1

Call 02 4577 4435 to speak with our Support Group Manager, who will take some preliminary details and arrange a meeting for you with your local group Facilitator.

2

Meet with your local group Facilitator. This gives you the opportunity to share the circumstances of your loss in a confidential manner and allows time for the Facilitator to understand how to support you attending the group for the first time.

3

Liaise with your local group Facilitator about attending your first group meeting.

