

Help * Hope * Healing

For those who have lost a loved one by Suicide

Often, losing someone to suicide can leave you feeling that nobody can understand your pain as its different to “normal” grief in ways that only people who have experienced it can understand.

There is often more intense shock, a greater sense of injustice, guilt and blame – along with the unanswerable question of “WHY?”

Survivors of Suicide Bereavement Support Groups are a safe place in our community for Survivors (*families and loved ones of those who suicide*) to share their loss with others experiencing similar thoughts and feelings.

Some Benefits of Survivor Support Groups

To meet with others who share a similar experience

To “normalise” their experience

To give and receive help

To break the isolation and alienation

To be in an environment where positive changes will be supported

To learn more about suicide and share information

To dispel the myths of suicide

An informal monthly “drop-in” for ongoing support is held
on the **fourth** Thursday of each month at 7pm.
Anyone who is a “Survivor” is welcome to drop in.

A more structured group will meet weekly for 8 weeks
Daytime or evening groups are available
Please make contact by phone for a confidential chat

Location: Citylife building 2/129 Jardine St Fairy Meadow.

For information or a confidential chat call or email:

Brian Boulton on 0406 712 056 brian.boulton@citylife.org.au

NOTE: SoS groups may be therapeutic but are NOT therapy groups or counselling