

# What do I say? What do I do?

Supporting those bereaved  
or impacted by suicide



## It's never too late to seek support

Grief is a journey. It's okay to acknowledge you may need support days, months, years or decades after your loss.

## Additional supports:

- Friends and family
- Doctor and/or health professional
- Community health service
- Counselling / support group
- Spiritual, community and cultural support
- Telephone helplines
  - » Suicide Call Back Service **1300 659 467**
  - » Lifeline **13 11 14**
  - » Kids Helpline **1800 55 1800**
  - » MensLine **1300 78 99 78**
- If life is in danger call **000**

## Ideas for self care

- 1. Listen** – I may have intense emotions that could include anger, sadness, fear and guilt. Be prepared for any or all reactions. You cannot take these away, but being there, listening and showing you care can be comforting.
- 2. Share memories** – Don't be afraid to talk about the person who died and what they meant to you. It is important for me.
- 3. Understand** – The healing process takes time. It can take months or years to find a liveable place for my loss. Remembering birthdays and special days can be particularly difficult.
- 4. Be ok with silence** – Do not feel compelled to talk because you may feel uncomfortable. Don't try and fix me, for now just sit with me.
- 5. Remember** – I may need assistance with accessing information, medical/psychological support or meeting other responsibilities. It may be useful for you to be my driver, make essential phone calls, or assist me in meeting my children's needs.
- 6. Practical support** – Offer practical support such as making a meal, doing the shopping, gardening or washing.
- 7. Nurture relationships** – Keep in touch regularly. There may be times when your offers are refused, but keep trying. If you don't know what to say, be honest and say "I don't know what to say but I am here for you". A note or text in between other contact with words such as "Thinking of you" and "I miss them too" lets me know I am not alone.
- 8. Language** – The language you use should not judge the way my loved one died.
- 9. Be kind to yourself** – As you may also be impacted by the loss and have your own grief to work through.

For support or to find your local StandBy site please visit our website:

**[www.standbysupport.com.au](http://www.standbysupport.com.au)**

## StandBy National Office

For administrative enquiries please contact:

**M: 0429 147 491**

E: [national@standbysupport.com.au](mailto:national@standbysupport.com.au)



**StandBy** – an initiative funded by the Australian Government

