

SUPPORT AFTER SUICIDE

9427 9899

aftersuicide@jss.org.au

16 The Vacluse, Richmond 3121
PO Box 79, Richmond 3121

Web: www.jss.org.au/programmes/SupportAfterSuicide.html

Melways Reference

Maps 2G and 44

Parking

Rowena Parade or Church Street
2 hour limit

Train Stations

Richmond
East Richmond

Trams

Bridge Road	48	75
Church Street	78	79
Swan Street	70	

IMMEDIATE CRISIS SUPPORT

If you require crisis support the following telephone support lines are available:

Lifeline	13 11 14
Suicide Helpline	1300 651 251
Griefline	9596 7799 (12 noon-3am)



Jesuit Social Services engages with young people, families and communities to promote their health and wellbeing and to address social exclusion.

In supporting individuals and families through the **SUPPORT AFTER SUICIDE** project, Jesuit Social Services aims to promote hope, confidence and resilience within the individual, the family and the broader community.

support AFTER SUICIDE

Monthly Support Groups

2008-2009

A program of Jesuit Social Services

SUPPORT AFTER SUICIDE MONTHLY SUPPORT GROUPS

Support After Suicide conducts two monthly support groups for people bereaved by suicide. We know that the experience of suicide bereavement can be prolonged and difficult and that meeting with others who share the experience is valuable and helpful.

The groups are an opportunity to share with others the experience of bereavement and also to develop further resources to assist with the experience.

The groups are primarily for those who have participated in one of the weekly groups conducted by Support After Suicide. They may also be appropriate for counselling clients who, for some reason, are not able to attend a weekly group.

They are not suitable for those who are recently bereaved. In this instance it is preferable to participate in one of the 8 week groups.

To ensure that the group is appropriate and will be beneficial we ask that potential participants meet with one of the counsellors from Support After Suicide. The group will have a maximum of twelve participants each month and includes some time for refreshments.

Group participation

We want to do our best to provide a positive group experience for participants. In order that we do not have more than twelve participants we ask that you let us know whether you will be attending by phoning Support After Suicide on or before the day of the group.

One group meets on the **first Wednesday afternoon of each month**. The other group meets on the **third Monday evening of each month**. They are both facilitated by two members of the Support After Suicide staff.

Dates for 2008/2009

Monday evening 7.00pm-9.00pm

15 September
20 October
17 November
15 December
19 January
16 February
16 March
20 April
18 May
15 June

Wednesday afternoon 12.30-2.30pm

5 November
3 December
7 January
4 February
4 March
1 April
6 May
3 June

**For more information
about the groups
contact the staff at:**

**support
AFTER
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