

## SUPPORT AFTER SUICIDE

**(03) 9427 9899**

**aftersuicide@jss.org.au**

**www.supportaftersuicide.org.au**

16 The Vacluse, Richmond 3121

PO Box 79, Richmond 3121

### 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**

**Suiceline 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 Group**

**2010**

A program of Jesuit Social Services

## **SUPPORT AFTER SUICIDE MONTHLY SUPPORT GROUP**

Support After Suicide conducts a monthly support group 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 group is an opportunity to share with others the experience of bereavement and also to develop further resources to assist with the experience.

The group is 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.

It is 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.

The group meets on the **third Monday evening of each month**. It is facilitated by two members of the Support After Suicide staff.

### **Dates for 2010 Monday evening 7.00pm-9.00pm**

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

**For more information about the  
monthly group  
contact the staff at:**

**support  
AFTER  
SUICIDE**

**9427 9899**

**[aftersuicide@jss.org.au](mailto:aftersuicide@jss.org.au)**

**[www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)**