

Ways to Cope

Finding out what helps and comforts you is important. This might include:

Talking to family and friends who are willing to listen.

Doing things that bring you comfort, lighting a candle of remembrance, listening to your favourite music, meditation, writing about your loved one.

Attending the support group... meeting others who may have some idea of what you are going through.

Giving yourself the space and permission to grieve the way you need to. There is no prescribed time for your grief and definitely no time when you should be 'over it' or 'moving on'.

There is no road map for grief. Your emotions may be expressed in many different ways, in as many minutes.

The feeling of being stuck forever in grief will ultimately begin to ease. Group members tell us that the rawness of their loss begins to turn into memories of happy times shared with their loved one.

Your loved one has died but your relationship with them continues.

Southern Community Welfare is a non profit charitable organisation that has been in operation since 1995. We seek to provide professional support to families and individuals in need, to equip them with the skills and tools they require to face everyday life. This support is offered in the form of individual counselling, support groups, specialist counselling, training and community education.

This group is a partnership between



Southern
Community and
Welfare Inc.



Sutherland Shire
Suicide Safety Network Inc

**Southern Community
Welfare Inc.**

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For more information visit www.scw.org.au

Support After Suicide

In The Community

Caring, Equipping, Empowering, Hope



Southern
Community
Welfare Inc.

Sutherland Shire Support After Suicide Group

Grief sounds like such a struggle and demands so much effort, maybe I can just ignore it and it will pass.
(Doug Manning in *The Pain of Grief*)

The suicide of a loved one changes the meaning and direction of your life, your marriage and your family forever. Life can never be the same again, its context has been ripped apart, leaving you bereft. Is there anyone who can help you at this time?

Is there a safe place to go where your experience can be heard, understood and validated?

Sutherland Shire Support After Suicide Group helps people who have lost a loved one to suicide. The group's members share and listen as well as give and receive mutual support. Within the group you can find that those who have had a similar experience may be able to understand the shock and depth of your loss and can support each other in a unique way.

You may be thinking...

- "Why me? Why my family?"
- "I should have seen it coming, why didn't I?"
- "Am I going mad?"
- "How can I cope?"...
- "Will my emotions ever stabilize?"
- "Will it ever get better?"

If only...

- "I'd phoned him that day"
- "I hadn't gone out"
- "She'd told me there was something wrong"

I feel...

- "Different now"
- "As if I don't fit in with my friends any more"
- "No-one really understands"
- "Angry that people expect me to 'move on' or get over it!"
- "Isolated"
- "Lonely"

I wish...

- "It would all go away"
- "I could turn back the clock"
- "I could have changed it all"

Our mutual support can help you with:

- Feelings of isolation
- Anxiety and stress
- Anger
- Guilt
- Low spirits
- Shame
- Changes in relationships

Where do we meet?

The United Services Club
East Parade, Sutherland

When?

The group meets the 3rd Tuesday of every month
from 7pm till 9pm

Cost?

There is no cost. The group is funded by community grants and is in partnership with the Sutherland Shire Suicide Safety Network. If needed, members are offered 5 free counselling sessions with an experienced counsellor. Our group Coordinators and Facilitators are trained and experienced professionals.

Who do I contact?

The Group Coordinator
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