

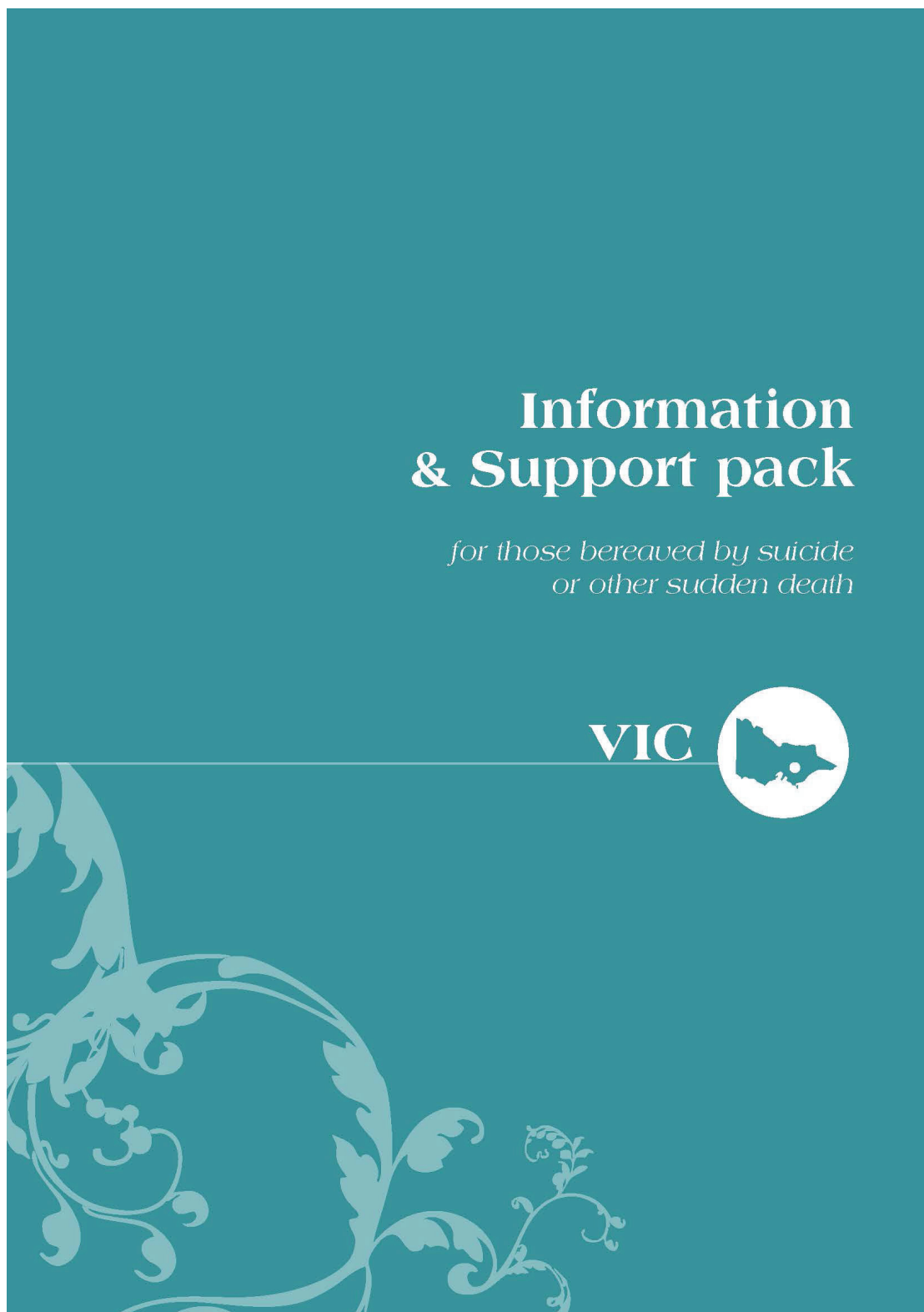


RESOURCE BOOKLETS for Kinship Carers

**Assistance for those
coping with suicide**

The following websites and resources provide useful information and points of contact to receive support. Note that sites change over time and may no longer be available. All sites are Australian based, unless otherwise indicated.

Information & Support Pack: for those bereaved by suicide or other sudden death (VIC)



<https://postventionaustralia.org/wp-content/uploads/2018/05/Bereaved-by-Suicide-Other-Sudden-Death-VIC.pdf>

Suicide Prevention Websites



Lifeline

<https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/>

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

Call 13 11 14 for 24/7 crisis support

What services are available?

- Short-term support for people who are feeling overwhelmed or having difficulty coping or staying safe
- Confidential one-to-one support with a trained Lifeline telephone crisis supporter



Beyond Blue

<https://www.beyondblue.org.au/the-facts/suicide-prevention>

Beyond Blue provides information to people at risk of suicide or who have attempted to take their life. Beyond Blue also provides support options and gives practical advice for people worried about someone they think might be suicidal on how to help. Also available is a suicide safety planning app to help you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis.

Call 1300 22 4636

What services are available?

Beyond Blue provides information on suicide for people:

- feeling suicidal
- worried about someone suicidal
- who have attempted suicide
- grieving a suicide death



Be You

<https://beyou.edu.au/resources/suicide-prevention-and-response>

Be You is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace. Be You is for all educators and learning communities who work with children and young people in early learning, primary and secondary school settings across Australia.

Contact Be You: <https://beyou.edu.au/contact>

What services are available?

Be You supports educators in the following ways:

- Free professional learning
- Access to tools and resources
- Preparation for critical incidents



Suicide Call Back Service

<https://www.suicidecallbackservice.org.au/>

Suicide Call Back Service is a free nationwide service providing 24/7 telephone and online counselling to people affected by suicide.

Call 1300 659 467 for 24/7 support

Online counselling:

www.suicidecallbackservice.org.au/phone-and-online-counselling/

What services are available?

- Suicide Call Back Service offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.



13YARN

<https://www.13yarn.org.au/>

Thirteen YARN is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Important: Visitors are advised that this website may contain images, videos and voices of First Nations people who have passed away.

Call 13YARN (13 92 76) for 24/7 support

What services are available?

- Free and confidential service available 24/7 from any mobile or pay phone
- Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporters to yarn to



Hope Assistance Local Tradies (HALT)

<https://halt.org.au/>

Hope Assistance Local Tradies (HALT) is a national grass-roots suicide prevention charity. They host 'Save Your Bacon' Brekkies and safeTALK events for tradies and apprentices at workplaces, hardware stores, sporting clubs, Men's Sheds and TAFEs across Australia to raise awareness of mental health and connect people with local and national support services.

HALT events provide tradies and apprentices with the tools to start having conversations about mental health.

Call 0409 756 274

What services are available?

- Talks and breakfasts at workplaces, shops, sporting clubs, men's sheds, TAFEs and emergency services across Australia.



South East Suicide Prevention Network

<https://connecthealth.org.au/programs-activities/south-east-suicide-prevention-network/>

In partnership with Wesley Mission's LifeForce, Headspace and the local communities, the South East Suicide Prevention Network is now up and running. Co-chaired by two community members Vivienne Blennerhasset and Kirstie Edwards; with representatives from Connect Health & Community and Headspace, the network aims to provide local support to suicide prevention activities. The South East Suicide Prevention Network meets bi-monthly and is open to all members of the community with meetings held in the Glen Eira and Bayside areas.

**Contact sesuicideprevention@gmail.com
or on (03) 9575 5333 8.30am–5pm M–F**

Facebook: <https://www.facebook.com/profile.php?id=100064478605408&ref=bookmarks>



In Tough Times Text

<https://intoughtimestext.org/>

An initiative of the Australian Suicide Prevention Foundation

Does someone you know have suicidal thoughts?

We suggest you send regular texts OR start a WhatsApp Group of supportive people using our suggested texts.

This site contains tools for you to help if you don't know how.



Headspace

<https://headspace.org.au/>

Headspace supports young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, Headspace works with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

Call 1800 650 890 for 24/7 support

What services are available?

- Centres located throughout Australia staffed with people trained and ready to help
- Online and phone support
- Work and study support
- Support for professionals and educators



Rainbow Door

<https://www.rainbowdoor.org.au/>

Rainbow Door is a free specialist LGBTIQ+ (Lesbian, Gay, Bisexual, Transgender and Gender Diverse, Intersex, Queer, Asexual, BrotherBoys, SisterGirls) helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

Call 1800 729 367 10am - 5pm, 7 days a week

What services are available?

- suicidal thoughts support
- family and intimate partner violence (including elder abuse) support
- issues with alcohol and other drugs support
- relationship issues support
- sexual assault support and more



Kids Helpline

<https://kidshelpline.com.au/>

Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.

Call 1800 55 1800 for 24/7 support

What services are available?

- Phone counselling
- Online counselling
- Email counselling



Switchboard

<https://www.switchboard.org.au/>

Switchboard provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQA+) people, their families, allies and communities. They have a range of different programs offering peer-to-peer support in areas including gender and sexuality, diverse relationships, suicide prevention, family violence support, anti-racism advocacy, and social inclusion for older LGBTI community.

Call 1800 729 367 10am - 5pm, 7 days a week

1800 184 527 3pm to midnight, 7 days a week

What services are available?

- Rainbow Door LGBTIQA+ helpline (see previous page)
- Out & About social home visiting service
- QLife peer to peer counselling
- Suicide prevention programs
- QTIPoC anti-racism project



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

Gayaa Dhuwi (Proud Spirit) Australia

<https://www.gayaadhuwi.org.au/if-you-need-help/>

Gayaa Dhuwi (Proud Spirit) Australia is the new national Aboriginal and Torres Strait Islander (Indigenous) social and emotional wellbeing, mental health and suicide prevention leadership body. It is governed and controlled by Indigenous experts and peak bodies working in these areas, promoting collective excellence in mental health care.

Phone (02) 5134 2100

What services are available?

- A comprehensive list of Indigenous social and emotional wellbeing, mental health and suicide prevention information, policies and data links
- Upon notification of a loss of an Aboriginal and Torres Strait Islander person to suicide or other traumatic incident, the NIPS is able to provide immediate support to affected families. 1800 805 801

Warning: Aboriginal and Torres Strait Islander peoples should be aware that this website may contain images, voices and names of people who have since passed away.

Suicide Bereavement Websites



Jesuit Social Services - Support after Suicide

<https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/>

Support After Suicide assists children, young people and adults bereaved by suicide. The program provides counselling, support groups and online resources to those bereaved by suicide. The organisation also delivers training to health, welfare and education professionals.

Call 1800 943 415 for support

What services are available?

- Counselling and support groups for people bereaved by suicide
- Resources are available to help people better understand their situation
- Education and training for professionals to support those who are bereaved



GRIEFLINE
GRIEF LOSS TRAUMA

Griefline

<https://griefline.org.au/>

Griefline supports anyone experiencing grief, facing any type of loss – providing access to free telephone and online support services and resources.

Call 1300 845 745 for support 8am-8pm, 7 days/week

What services are available?

- Support groups
- Free telephone support
- Online grief forums 24/7
- Grief literacy education and training
- Life after loss podcast series



StandBy – Support after Suicide

<https://standbysupport.com.au/>

StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual. The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

Call 1300 727 247 for support, 6am to 10pm, 7 days a week

What services are available?

- Face-to-face and telephone support
- Community workshops and education programs to increase awareness of suicide and suicide bereavement
- Resources such as support leaflets, toolkits, books and links to other useful resources

SANE We're people like you.

SANE

<https://www.sane.org/information-and-resources/facts-and-guides>

SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities. Their factsheets & guides provide easy-to-read information on complex mental health issues for everyone. Have a look - you can browse, download or send them on to someone who needs them.

Call 1800 187 263 for support, M-F 10am to 10pm

What services are available?

- Telephone, email and webchat support
- Forums
- Drop-in service
- Creative and educational activities



The Compassionate Friends Victoria

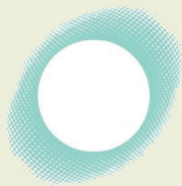
<https://www.compassionatefriendsvictoria.org.au/>

The Compassionate Friends Victoria (TCFV) is dedicated to supporting grieving parents, siblings and grandparents in the event of the death of a child – of any age or from any cause.

Phone (03) 9888 4944 Country Vic Free Call 1300 064 068

What services are available?

- Bereaved Parent, Sibling & Grandparent Support Centre
- Helpline, 24 hours, 365 days
- Support and social groups
- Time-Out Program



Grief Australia

Grief Australia

<https://www.grief.org.au>

Grief Australia is funded by the Victorian Department of Health to provide a statewide specialist bereavement service for individuals, children and families who need assistance following the death of someone close to them.

Phone 1800 642 066 (freecall) or (03) 9265 2100

What services are available?

- Grief Australia Counselling and Support Service, provides a specialist bereavement service for individuals, children, and families who need assistance following the death of someone close to them.
- GA offers the following groups: Talking Grief Support Group, Bereaved Partners Remembrance Group, Kids Grieve Too (KG2), Parents Remembrance Group, Bereavement at the Bar, Bereaved Partners Support Group, COVID-19 Bereavement Support Group, Companion Animal Loss Group
- MyGrief App – This app provides 24-hour support to grieving people and those who support them – in the palm of their hands.

Organisation website addresses

Lifeline	https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/
Beyond Blue	https://www.beyondblue.org.au/the-facts/suicide-prevention
Be You	https://beyou.edu.au/resources/suicide-prevention-and-response
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/
13YARN	https://www.13yarn.org.au/
Hope Assistance Local Tradies (HALT)	https://halt.org.au/
South East Suicide Prevention Network	https://connecthealth.org.au/programs-activities/south-east-suicide-prevention-network/
In Tough Times Text	https://intoughtimestext.org/
Headspace	https://headspace.org.au/
Rainbow Door	https://www.rainbowdoor.org.au/
Kids Helpline	https://kidshelpline.com.au/
Switchboard	https://www.switchboard.org.au/
Gayaa Dhuwi (Proud Spirit) Australia	https://www.gayaadhuwi.org.au/if-you-need-help/
Jesuit Social Services	https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/
Griefline	https://griefline.org.au/
Standby – Support after Suicide	https://standbysupport.com.au/
SANE	https://www.sane.org/information-and-resources/facts-and-guides
The Compassionate Friends Victoria	https://www.compassionatefriendsvictoria.org.au/
Grief Australia	https://www.grief.org.au



KCV's community resources for kinship carers booklets

1. Planning for more effective access visits
2. How to run a successful support group and be an effective carer advocate/representative
3. The Orange Door services
4. Support for informal kinship carers
5. Grief and loss
6. How to make a complaint – and get heard
7. Court orders – the role of Child Protection and the courts
8. Education
9. Financial support for kinship carers
10. Rights
11. For children & young people with an emotional or physical disability
12. Assistance for those coping with suicide
13. LGBTQIA+ families & communities
14. Mental health and family relationships
15. Camps & respite
16. Carers' wellbeing
17. Legal community
18. Local governments
19. Support for grandparents and non-parents caring for children



Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org



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is supported by the Victorian Government.