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## What's on, Important Up-coming Events

### Sunday 3rd May – BTS Coffee Morning

**10am – 12.30pm Botanic Gardens, Cafe Fibonacci - located on the Schomburgh Terraced Pavilion**

All welcome. This is an opportunity to catch up with others who have lost someone to suicide, in a less formal setting than our regular monthly meetings. Join us for breakfast or coffee and cake while chatting and listening to others and then take a stroll through the beautiful surroundings of the Botanic Gardens. BTS volunteers will be on hand.

### Wednesday 20th May – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market** Join others who have experienced the grief and trauma of losing someone to suicide in a caring, safe and compassionate environment. Facilitated by support workers who themselves have lost someone to suicide.

### Friday 5th June – BTS Movie Night Fund Raiser

**6pm – 9pm Capri Theatre 141 Goodwood Road, Goodwood**

BTS invites you to join us at a film night to raise funds for the on-going provision of the services BTS provides to the bereaved through suicide community. We have organised for pre-movie drinks and nibbles from 6pm to be followed by a 15 minute recital on the Capri's famous organ. The movie will be shown from 7pm. Tickets only \$25. Tickets can be purchased by calling the BTS Support line on 0468 440 287 or email [support@bts.org.au](mailto:support@bts.org.au).

### Wednesday 17th June – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

### Wednesday 15th July – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

### Sunday 2nd August – BTS Coffee Morning

**10am – 12.30pm Botanic Gardens, Cafe Fibonacci - located on the Schomburgh Terraced Pavilion**

## A Welcome from the Chair

**Welcome to the second edition of the 2015 newsletter. Thank you to all those who let us know how much they liked the new lay-out.**

Sitting down to write this section makes one reflect on how devastating the loss of someone taking their own life has on their family and those closest to them. Our monthly meetings and the calls to the support line show the despair, grief and feelings brought on by this loss.

I am writing this on Sunday 26th April, the day after Anzac Day. I attended the dawn service yesterday where Bill Gammage, a WW1 historian presented the address. He talked of the terrible loss of those during the war. But he also talked of those that returned but could not find a way to continue their lives due to the effects of what we now call 'post traumatic stress disorder (PTSD)' from being at war.

In our 'In Memoriam' page you will find the names of two WW1 veterans who served their country with high distinction during the war but found life so difficult on their return that they took their own lives. 100 years on, with all the advancements the world has seen, we still find members of our defence force (and society in general) unable to find the support mechanisms and help to get them through their darkest of times. Our thoughts are with all those left behind who have suffered the trauma of losing someone to suicide.

BTS is entirely self-funded and raises all its own funds to provide the support network to those bereaved through suicide. Rather than continually asking for donations we have decided to have a major fundraiser in the form of a film night on Friday 5th June. We would invite all of you, and your friends, to attend.

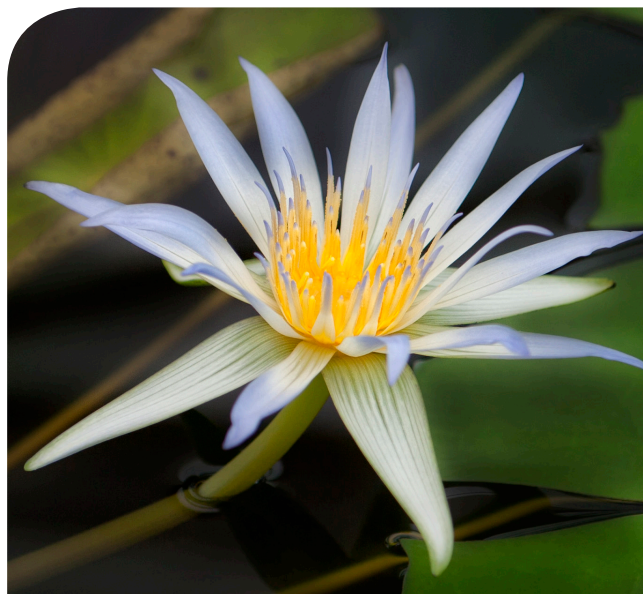
Not only do you see a movie, you will also get nibbles, a drink and a performance of the Capri's famous organ prior to the movie. You will find details on page 3. Give our support line a call or email for tickets. Your support will allow us to continue and improve our services.

Finally this coming Sunday 3rd May we are having a coffee morning at the Botanical Gardens. The area is undercover so need to worry if it is wet. Held in an informal atmosphere we are able to chat about all manner of things knowing that we are there to provide support and care.

Look forward to seeing you at the coffee morning or at our film fundraising night.

Kindest regards,

Tim Porter



Coffee morning at the Botanic Gardens, photograph courtesy of Mandy Porter

# BTS Support Group MOVIE NIGHT

THE FIGHT FOR JUSTICE NEVER ENDS

141 Goodwood Road, Goodwood  
on Friday, 5th June.

Enjoy nibbles, a complimentary  
glass of Champagne/Beer/Wine  
and participate in an exciting Raffle  
in the foyer from 6.00 pm.

Organ recital 6.45 pm.,

Movie 7.00 pm.

staring Helen Mirren and Ryan Reynolds

## WOMAN IN GOLD

KATE HOLMES TATIANA MASLANY MAX IRONS CHARLES DANCE ELIZABETH MCGOVERN JONATHAN PRYCE

THE WEINSTEIN COMPANY AND BBC FILMS PRESENT AN ORIGIN PICTURES PRODUCTION HELEN MIRREN RYAN REYNOLDS "WOMAN IN GOLD" DANIEL BRÜHL KATE HOLMES  
TATIANA MASLANY MAX IRONS CHARLES DANCE ELIZABETH MCGOVERN JONATHAN PRYCE PETER LAMBERT PRODUCED BY JIM CLAY WRITTEN BY MARTIN PHIPPS & HANS ZIMMER  
DIRECTED BY ROSS EMERY ACS PRODUCED BY PETER HESLOP JONNIE BLANKIE PRODUCED BY BOB WEINSTEIN HARVEY WEINSTEIN CHRISTINE LANGAN WEDGEM VADZI ROBERT WALAK LEN BLAVATNIK  
ED WETHERED ALAN VENTURA ED RUBIN SIMON CURTIS TIM JACKSON EDITOR DAVID M THOMPSON CHRIS THYKTER JESSICA E. RANDOLPH SCHOLBERG & MARIA ALTMANN  
WRITTEN BY ALEXI KAY CAMPBELL DIRECTED BY SIMON CURTIS  
© THE WEINSTEIN COMPANY / BRITISH BROADCASTING CORPORATION  
ORIGIN PICTURES (WOMAN IN GOLD) LIMITED 2015  
CUTLER FILMS ORIGIN W

TICKETS  
\$25.00  
EACH

Phone - 0468 440 287, (08) 8332 8240 or [support@bts.org.au](mailto:support@bts.org.au) for tickets.

### Was your GP helpful, unsupportive, or even offensive? How could he or she best have helped you?

I am looking for any anecdotes you may have of your experiences of your GP that I may include in an article in a GP journal and book chapter. The purpose of these publications is to educate GPs and professionals about how best to help those who have experienced the trauma of losing someone close to them through suicide. By including some of your real life experiences I hope to highlight some ways in which GPs can best be supportive and how damaging is poor support.

This will involve a short phone or face to face interview. All contributions will be confidential and are to be made without revealing the name of the GP.

For further information please email me on [sheila.c@bigpond.net.au](mailto:sheila.c@bigpond.net.au) or telephone me on 0412 594 338.

Thank you and I look forward to hearing from you

Sheila,

Dr Sheila Clark  
(Author of After Suicide:  
Help for the Bereaved)

### How to handle grief on Mother's Day.

- Be gentle with yourself. This could be the most dreaded day of the year for you. You may feel anger, sadness, guilt or a range of other emotions. These emotions are very common with grief - don't try to suppress them.
- Seek out emotional support; it is a sign of courage, not weakness. It is unrealistic to believe that you will process your grief quickly. Everyone grieves in their own time and their own way.
- Be patient with yourself. Talk openly with trusted family and friends about who you have lost and encourage them to talk openly with you too - hearing their name mentioned can be helpful.
- Create your own memorial. Whether it involves planting, writing, building or painting, be creative and put your energy into doing something in their memory.
- Give yourself permission to grieve and to talk with trusted others about how you have changed as a person.
- Talk about your feelings with your spouse and encourage him or her to express to you how they are feeling.

[www.goodgriefcenter.com](http://www.goodgriefcenter.com)

### Suicide and Language: Why we shouldn't use the 'C' word.

Suicide is not a sin and is no longer a crime, so we should stop saying that people 'commit' suicide. We now live in a time when we seek to understand people who experience suicidal ideation, behaviours and attempts, and to treat them with compassion rather than condemn them. Part of this is to use appropriate, non-stigmatising terminology when referring to suicide.

#### Implications associated with 'commit'

Attention to this issue is important because there are three historically powerful and potentially stigmatising uses for the word 'commit' which have implications when associated with the word 'suicide'.

1. The word 'commit' is commonly used in connection with religious offences. Indeed suicide is considered wrong in many religions (Cholbi, 2009). Over time suicide has been regarded as a cardinal sin in some religions and is still often considered a moral sin.

2. In the past, suicide was a criminal act in many countries. For example, there was a legal prohibition against suicide in England and Wales until the Suicide Act 1961 was introduced. As well as decriminalising suicide, this Act made it an offence to assist in a suicide, which had the unique effect of criminalising an accessory

when the principal has not committed a crime. The law relating to suicide in Australia varies between States and Territories, but it is no longer a crime in any jurisdiction. In the State of Victoria for example, the Crimes Act 1958, Section 6A, states "The rule of law whereby it is a crime for a person to commit or to attempt to commit suicide is hereby abrogated" (Crimes Act, 1958).

3. The word 'commit' has been applied to the incarceration of people against their will in a mental institution. In many countries care for those with mental illness can be sought involuntarily (usually when the person is so unwell that they are unable to admit themselves to care). This is often the only occurrence, outside of committing a crime and being held, where an individual can be detained without his or her consent.

As suicide is viewed differently by different people (both those with and without religious affiliations), is not considered a crime in many parts of the world, and its association with mental illness is not always applicable, using the word 'commit' within the context of suicide is not only unnecessary, it is also harmful.

By Susan Beaton MAPS, beyondblue Suicide Prevention Advisor, Dr Peter Forster MAPS, University of Worcester and Dr Myfanwy Maple MAASW, University of New England.

# In Memoriam - Lest we forget

This page is for those of you who would like to remember the person you have lost.

We did not receive any inclusions for this page and thought with the recent passing of Anzac Day that we should remember two of the many who have suffered from the ravages and horror of war and paid the highest price of all, the taking of their own lives. To all those who lost their lives and their families go our deepest respect and reverence.

## Captain Hugo Throssell VC

10th Light Horse Regiment, AIF 26.10.1884 - 19.11.1933

The last of the Anzacs at Gallipoli to earn the Victoria Cross was also perhaps the most tragic. Second-Lieutenant Hugo Throssell, 10th Light Horse, Western Australia, was awarded his VC for an action at a place few Australians have now heard of or, despite the thousands who attend services at Gallipoli on Anzac Day, even visit. Hill 60, Kiajick Aghala to the Turks, lay well north of the old Anzac position on the front line in the region captured from the Turks during the 'August Offensive'. For the Australians and New Zealanders much terrible fighting, marked by close range bombing and hand to hand action similar to what had occurred at Lone Pine, took place at Hill 60 between 21 and 29 August 1915. On the night of 28-29 August, a party of Light horsemen commanded by Throssell held off a determined Turkish counter-attack on a captured trench during which hundreds of bombs were thrown by both sides.

For his leadership and bravery at Hill 60 Hugo Throssell received the VC. After the war, he returned to Western Australia where he farmed and went into real estate. The Depression brought him to the brink of financial ruin and believing that his wife and family would be better looked after if they had a war service pension, he took his own life, aged 49. Throssell had written of himself – 'I have never recovered from my 1914-1918 experiences'.



## Major General Harold Edward Elliott,

CB, CMG, DSO, DCM, VD 1878 - 1931

Elliott had already received the Distinguished Conduct Medal for bravery in the Boer War before commanding a battalion on Gallipoli and later the 15th Brigade in France and Belgium. The war historian Charles Bean reflected: "What a brigade he made of the 15th! ... In his exuberant vitality he overworked them, strafed them, punished them; and yet they would do anything he asked of them."

Elliott was wounded on the first day on Gallipoli and maintained a reputation as a fighting leader, always close to the action, throughout the war. He was devoted to his troops and always concerned for them. In France, following the disastrous attack at Fromelles in July 1916 he was seen greeting the brigade's survivors with tears streaming down his face. In the following years his brigade saw some of the heaviest fighting on the Western Front.

In 1917, when his battalions were pursuing the Germans to the Hindenburg Line Elliott had to be ordered to slow down. Later he performed brilliantly, commanding his brigade in attack at the battle of Polygon Wood. His counter-attack at Villers-Bretonneux in April 1918 was decisive in holding the German advance there. By September he was leading his brigade in the final actions against the Hindenburg Line. His exploits became famous, particularly in his home state of Victoria.

A head-strong character, Elliott constantly confronted his superiors; his forcefulness was often unwise, his claims sometimes foolhardy. After the war, as a National Party senator, he spoke bitterly against those he blamed for withholding his higher promotion. In 1927 he became a major general in command of a militia division, but for him it was too little too late. Obsessed by his sense of injustice, and feeling the strain of war service, politics, and business, his health broke down and in March 1931 he took his own life.



If you wish to contribute to this page, please email any images, plus a small poem or verse to [support@bts.org.au](mailto:support@bts.org.au), we will ensure your loved one is included as soon as possible in future issues. Thank you.

## Don't tell me...

Please don't tell me you know how I feel,  
Unless you have lost your child too.

Please don't tell me my broken heart will heal,  
Because that is just not true.

Please don't tell me my son is in a better place,  
Though it is true, I want him here with me.

Don't tell me someday I'll hear his voice, see his face,  
Beyond today I cannot see.

Dont tell me it is time to move on,  
Because I cannot.

Dont tell me to face the fact he is gone,  
Because denial is something I can't stop.

Don't tell me to be thankful for the time I had,  
Because I wanted more.

Don't tell me when I am my old self you will be glad,  
I'll never be as I was before.

What you can tell me is you will be here for me,  
That you will listen when I talk of my child.

You can share with me my precious memories,  
You can even cry with me for a while.

And please don't hesitate to say his name,  
Because it is something I long to hear everyday.

Friend please realise that I can never be the same,  
But if you stand by me,

You may like the new person I become someday.

- Anon

## I am alive...

I may have lost my brother, my sister, my parent, my  
child, my friend, my spouse, my partner  
**but I am alive.**

I am a survivor of the dark night of unspeakable loss,  
of my own darkness  
**and I am alive.**

I am unwilling to stand idly by and allow shame to  
defeat love or silence to defeat action. I stand for  
the enlightenment of a society that would hide  
from suicide  
**and I am alive.**

I am unwilling for my perseverance to be in vain.  
Unwilling for the passing of my loved one to be in  
shame. I loved them more than I loved myself and  
their life will have meaning in my action.  
**I am alive.**

In a world blinded by the pursuit of pleasure, I am  
here to say that people are in pain. In a world rushing  
to get ahead, I am here to say that people are being  
left behind. In a world obsessed with the value of the  
market, I am here to speak for the value of life  
**and I'm alive.**

This will be no quiet fight. I am the voice of audacity  
in the face of apathy. I am the spirit of bravery in a  
world of caution. I am a commitment of action in the  
face of neutrality.

**I am into the light and I am alive.**

- Dan Pallotta  
at the Out of the Darkness Suicide  
Awareness Walk in DC, 2002

## I wrote your name...

I wrote your name into the sky,  
but the wind blew it away.

I wrote your name into the sand,  
but the waves washed it away.

I wrote your name into my heart,  
and forever it will stay.

- Jason Graham



# Additional Support Services

## [Living Beyond Suicide \(LBS\)](#)

Phone 1300 76 11 93 (call costs 27.5 cents) between 10am–10pm any day.

## About LBS

Living beyond Suicide (LBS) is an AnglicareSA service formed in 2006 offering specific support to those bereaved by suicide in Adelaide. We cover the area from Kangaroo Island and the Southern Fleurieu Peninsula, right through the central metropolitan area out to Gawler and Mallala. We also provide support to the Adelaide Hills region.

The program is funded by the Australian Department of Health, LBS provide practical and emotional support free of charge to families and individuals bereaved through suicide. Staff and trained volunteers can offer home visits and telephone support. The service is available from 10am to 10pm, seven days a week. Anyone in the community can contact LBS directly to access support.

The LBS team are dedicated to empowering families bereaved through suicide to find their own path through their grief. The needs of those bereaved are unique due to the stigma associated with suicide; additionally, feelings of guilt, shame, isolation, blame and rejection may be felt along with the grief.

LBS works alongside other services such as the Bereaved through Suicide Support Group (BTS), and Minimisation of Suicide Harm (MOSH) to ensure the provision of support meets the individual's needs. As a part of the Anglicare SA Loss & Grief Services, we can also refer clients on to other grief support programs if requested.

To contact LBS Phone 1300 76 11 93 10am to 10pm, seven days a week

## [Minimisation Of Suicide Harm \(MOSH\)](#)

Phone: (08) 8443 8369

86 George Street, Thebarton S.A 5031 [www.moshaustralia.org.au](http://www.moshaustralia.org.au)

## [Kids Helpline](#)

Phone: 1800 55 1800

## [Lifeline](#)

Phone: 13 11 14

## [Beyondblue](#)

Phone: 1300 22 4636

## [Mensline](#)

Phone: 1300 789 978

## [Suicide Call Back Service](#)

Phone: 1300 659 467

The Suicide Call Back Service is a professional, national, 24/7 counselling service for anyone affected by suicide.

## Donations

A grateful thank you to the Ridgeways and Lyn Stewart, your contributions to BTS are received with great thanks.

Without donations, BTS would not be able to continue supporting the Bereaved Through Suicide community. 100% of all donations received are used to continue supporting people bereaved through suicide.

Should you wish to make a tax deductible donation to BTS please contact us or donations can be sent to:  
PO Box 15, Hindmarsh SA 5007.

Tax deductible receipts will be issued.