

For those grieving on Mother's Day,
May your minds be filled *with memory*
and your hearts be filled *with love*

Photograph courtesy of M Porter

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Calendar of events

Sunday 6th May - BTS Coffee Morning

10am -12.30pm Botanic Garden Cafe by the lake. 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 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 16th May - BTS Support Meeting (CANCELLED)

Due to circumstances outside of our control the scheduled meeting will not be held. However we look forward to seeing you at our meeting on the 20th June.

Wednesday 20th June - BTS Monthly Support Meeting

Uniting Communities, Lvl 3, 10 Pitt St, Adelaide. Parking, Care Park, 15 Pitt St (directly opposite).

Please call or text the BTS support line on 0468 440 287 for time of meeting or if you require further information.

These meetings are for those bereaved through suicide and are facilitated by trained support workers who have themselves been bereaved through suicide. The meeting offers the opportunity to express your loss in an environment that is caring and safe.

Everything shared is treated as strictly confidential.

These meetings not only provide the opportunity to share experiences, they present information about the process of loss and grief, and strategies to heal.

Wednesday 18th July - BTS Monthly Support Meeting

Uniting Communities, Lvl 3, 10 Pitt St, Adelaide. Parking, Care Park, 15 Pitt St (directly opposite). Please call BTS support line on 0468 440 287 for time of meeting.

Sunday 5th August - BTS Coffee Morning

10am -12.30pm Botanic Garden Cafe by the lake. Join us for coffee and cake while chatting and listening to others and then take a stroll through the beautiful surroundings of the Botanic Gardens.

A Welcome from the Chair

Welcome to the 2018 autumn edition newsletter.

Suicide has been such a difficult subject to discuss in society. I am sure that in 1987 when the Bereaved through Suicide Support Group started that suicide would have been only been whispered about. Being the only organisation of its kind I am sure that all of its services were very much in demand.

Over 30 years ago face to face contact was the norm and the telephone was still mostly landlines. Moving forward to 2018 the ability to talk more openly about suicide and the recognition by government that mental health and suicide need to be addressed has seen a more open conversation take place. Mental Health has received more funding and we now have the establishment of Suicide Prevention Australia and Postvention Australia. In South Australia the Office of the Chief Psychiatrist has set up over 26 Suicide Support Networks within various council districts. Contact the office on (08) 8226 1090 or Email: ocp@health.sa.gov.au

But the conversation is now not just face to face. We have new ways to communicate, not just within our city but to anywhere in the world. The internet, especially the web, has allowed us to be in touch in a few seconds notice with any organisation or person. Following are a few statistics.

- The web was created in 1990.
- The first mobile phone text message was sent in 1992. Today there are over 15 million per minute. There are over 3 million mobile phone calls per minute.
- Facebook was launched in 2004. Today there are 1.15 billion daily active users.
- Youtube was started in 2005. Youtube views exceed 1 billion per day.

- Twitter began in 2006. Today there are over 500 million 'tweets' per day,
- Instagram launched in 2010. Today over 95 million photos are uploaded each day.

Traditional ways of communicating are fast disappearing. Even our postal service is slower than it used to be due to a lack of posted articles. BTS is currently undertaking an update to its website and will have links to many of the useful topics and discussions available on the web. BTS is also considering the overall role that it fills within the suicide bereaved community.

You will notice on the following page an article on the upcoming Suicide Prevention Australia conference. This is to be held in Adelaide on the 23rd-26th July. If you visit the website you will find that there is a reflection service and a number of free talks for bereaved persons to attend. There will be speakers with lived experience.

With the newsletter being quarterly it seems that special occasions are always with us. This month Mother's Day falls and for many it is a day of sadness and remembrance. It is a day where some of us may wish to be alone, to remember. In this edition you will find articles on meditation and some helpful tips in dealing with special occasions. Also some poems that talk of memories.

To all of you out there may your memories be special and held in your heart.

Travel safely,

Tim Porter

(on behalf of BTS volunteers and committee)



THE NATIONAL SUICIDE PREVENTION CONFERENCE



The 2018 conference will be held in Adelaide, South Australia on the 23rd-26th July. The focus of the conference will centre around quality - in research, practice and speaking about lived experience. The program will be designed to bring to the fore quality as a foundation to enhance implementation of suicide prevention at the community level. We anticipate a focus on lived experience engagement and its importance to quality in suicide prevention.

<https://www.suicidepreventionaust.org/conferences/index.html>

Reflection Ceremony

Date: Wednesday, 25 July 2018

Time: 10.00am – 10.30am

Venue: Adelaide Convention Centre

Cost: Included in Full Registration, Community members invited at no cost (registration required)

The Reflection Ceremony provides a space and process to remember the deep and personal impact that suicide has when it enters our life. We can easily get lost in the models and statistics of suicide and forget the raw human experience of caring for someone who is suicidal, mourning the loss to suicide of those we know and perhaps considering suicide ourselves. The Reflection Ceremony is a time for everyone to come together in a safe space and support, remember and acknowledge the pain that suicide brings. Those with and without a lived experience are encouraged to attend to reflect on the human price of suicide.

Have you thought about becoming a Volunteer?

BTS needs volunteers to continue undertaking its support of the suicide bereaved community. Volunteering for BTS can take many forms; lending a hand at our monthly meetings, being a support worker or standing on the committee. A support worker helps facilitate our monthly meetings and provide support to those who attend. Our volunteers may man the door and tea-coffee making at our support meetings and help out at our fund-raising events. Finally being a committee member gives you great satisfaction in knowing that you are supporting a group of people who are learning to live with the loss of someone to suicide. We have a couple of casual vacancies available on our current committee. It only involves giving up a couple of hours one night a month and a little bit of your spare time. Without volunteers BTS ceases to exist.

The 21st-27th May is National Volunteer Week.

Please consider giving a few hours a month to support BTS. Contact us by phone, text or email.

TIPS TO HELP YOU THROUGH MOTHER'S DAY

If you've lost your mum, or a son or daughter, Mother's Day and the build-up to it can be incredibly difficult and sad. Here are some coping strategies that may help you navigate Mother's Day without your loved one.

Allow yourself to grieve

Sometimes the anticipation of certain times of year can be worse than the actual days themselves. Perhaps the most important thing is to simply recognise that the upcoming days or weeks might be hard.

Do things differently this year

If the idea of doing what you always did is too painful, then think outside the box and do something different.

It's OK if you don't want to go out

Sometimes just having a nice bunch of flowers or a photo to look at, in the comfort of your home, and a still moment of reflection can help you through the day.

Gardens can be a healing space

Gardens can be a wonderful, quiet space to reflect on your loss. Some people like to plant flowers and it also means you can return a year later to see it has grown, which can provide some comfort.

Tell others how you wish to spend your time

Do you want to continue traditions, begin new ones or not celebrate it at all? Choose what you want to do and don't feel guilty if what you decide on may not feel like it's the 'right' thing to do.

Be kind to yourself

Grief can be exhausting. Look after yourself practically, physically and emotionally. If sleeping has become difficult, have a guilt-free afternoon nap. Don't worry if this happens – you aren't at your sparkling best so be gentle with yourself.

Reach out for support if you think you need it

Some people might feel awkward about offering their help, especially if they don't know how to broach the subject. So if you want some company or support on Mother's Day, make the effort to ask for it.

Involve children in decisions on how they want to spend their time

Ask them how they feel about Mother's Day, and let them know that they can share any thoughts and feelings with you about the person who has died. They may be worried about upsetting you. It's important that they always feel included, and they may even come up with some great ideas on what to do.

It can also be helpful to have a word with the child's school to see if Mother's day will be celebrated in some way. You can make sure a child the opportunity to say if they would like to be involved.

GIVING A GIFT

If you know someone who has lost a very important person in their life, and you're afraid to mention it because you think you may make the person sad by reminding them of someone who died – you're not reminding them; they didn't forget. What you're reminding them of is that you remembered that the person lived And that is a great, great gift



Have some quiet time to reflect on the good times you've shared

What did you enjoy doing together before your loved one died? You may find some comfort doing the same things you used to do together at this time of the year, such as sharing a favourite drink or visiting a special place.

Don't feel guilty if you have moments of enjoyment

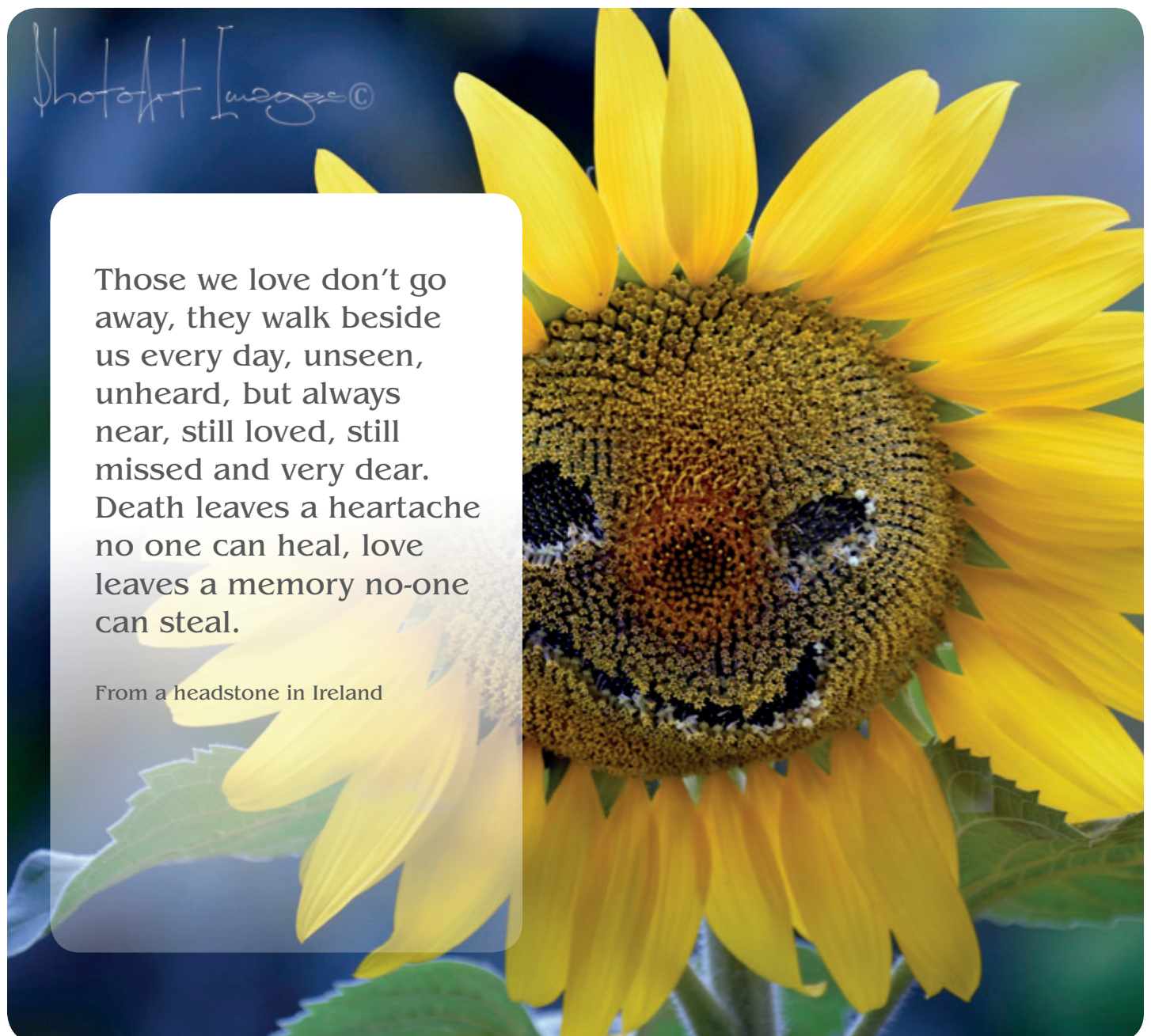
Allow yourself to enjoy brief moments of respite if they happen and don't feel bad when they do.

Talk about your favourite memories

Take the chance to talk about your loved one. You could light a candle by a photograph or release a balloon in memory.

Adapted from:

<https://www.mariecurie.org.uk/blog/coping-with-grief-mothers-day/150285>



Those we love don't go away, they walk beside us every day, unseen, unheard, but always near, still loved, still missed and very dear. Death leaves a heartache no one can heal, love leaves a memory no-one can steal.

From a headstone in Ireland

CAN MEDITATION HELP WITH GRIEF? by Heather Stang

It wasn't that long ago that I asked myself "can meditation help with grief?" It's a question worth asking, especially when we consider that meditation has been helping people liberate themselves from suffering for thousands of years, thanks to the Buddha and other spiritual teachers.

So yes, meditation can help with grief. But how? If you are grieving the death of someone you care for deeply, you know first hand that grief is not something you can "fix" or make "go away." And it is important for you to know that meditation for grief is not about trying to change reality. You can't.

But what you can do is cultivate compassion for yourself, learn how to control the things you can (your attention, for one), and learn how to take care of yourself given the reality of the situation.

How Can Meditation Help With Grief?

Meditation can help with grief in a number of ways. In my years of teaching meditation for grief, I have learned that each person experiences their own set of benefits. Here are some of the most common benefits:

1. Help you get back to sleep after losing a loved one by teaching you how to control your mind when it gets stuck in a cycle of thought. Learn more about grief and sleep.
2. Manage the physical symptoms of grief, such as muscle tension, headaches, and unpleasant feelings in your chest and stomach.
3. Boost your immune functioning so you are more likely to stay healthy during a time when your body is experiencing a barrage of stress.
4. Cultivate mental resilience so you can feel less reactive and create a barrier against stress and trauma.
5. Connect you more deeply to your own inner wisdom and insight so you can respond to what your body and spirit need while practicing self-compassion as self-care.
6. Create a sense of connection with the people in your life and compassion for other people who are grieving so you feel less alone.

Is there a Particular Kind of Meditation that is Best for Grief?

Grief is a complex experience. There are many types of meditation for grief. Which type you choose will depend on what you are experiencing.

- Focus and mantra meditations can help when you feel overwhelmed, scattered, or feel like you can't wind down before bed.

- Mindfulness meditation can help you bring your attention to the present moment, get to know your habits, choose where to place your attention, and savor what have.
- Self-compassion meditation can help you to not be so hard on yourself, which we so often are when we are feeling the weight of grief.
- Compassion meditation teaches you that you are part of a wide community of like-minded humans, all who suffer, and who want to be free from suffering.
- Contemplative meditation can help you manage the difficult emotions of grief, plus tap into your own inner wisdom and insight, so you can live a more meaningful life.

*Create a sense
of connection...*



Meditation For Grief Will Last A Lifetime

Many people seek out meditation for grief to help cope with the myriad of symptoms. Those that do report that it becomes a practice for life. From unexpected waves of grief, to a difficult coworker or an unexpected bill, meditation is a skill that will help you manage whatever life throws at you.

<http://mindfulnessandgrief.com/can-meditation-help-with-grief/>

Further suggested reading:

<https://seattleyoganews.com/yoga-can-help-cope-with-grief/>

https://www.huffingtonpost.com/leslie-davenport/meditation-grieving_b_875299.html

You Tube links for guided meditation on coping with grief and loss:

<https://www.youtube.com/watch?v=qB6KKQRQzXs>

<https://www.youtube.com/watch?v=kMHDFRzXjJI&feature=youtu.be>



POEMS

You're My Guest In Thought

Once a day and sometimes more....you knock upon my daydream door,

And I say warmly, 'Come right in...I'm glad you're here with me again'

And ...then we sit and have a chat...recalling this, discussing that...

Until some task that I must do forces me away from you...

Reluctantly I say good-bye...smiling with a sigh....

For though my daydreams bring you near... I wish that you were really here...

But what reality can't change – My dreams and wishes ... re-arrange

And through my wishing you come to me each day ...and are forever in my heart....

Author unknown

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I miss you

I miss you when something good happens because you're the one I want to share it with.

I miss you when something is troubling me, because you're the one that understands me so well.

I miss you when I laugh and cry, because I know that you are the one that makes my laughter grow and my tears disappear.

I miss you all the time, but I miss you the most when I lay awake at night, and think of all the wonderful times that we spent with each other for those were some of the best and most memorable times of my life

The Bereaved through Suicide Support Group

Run by people who themselves have been bereaved through suicide, BTS supports those in the community who have been close to someone who has taken their own life – partner, child, relative, friend or close acquaintance.

Telephone support service: (08) 8332 8240
or 0468 440 287 from 8am - 8pm

Email support service: support@bts.org.au
Suicide bereavement resources: www.bts.org.au

Donations

Should you wish to make a tax deductible donation to BTS you can directly EFT to:

BTS Support Group BSB: 633-000 A/C: 148312366

or donations can be sent to: PO Box 15, Hindmarsh SA 5007.
Tax deductible receipts will be issued.

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. BTS receives no government funding and all work is undertaken by volunteers.

Depression is not selfish.

Anxiety is not rude.

Schizophrenia is not wrong.

Mental illness isn't self-centred, any more than a broken leg or the flu is self-centered.

If your mental illness makes you feel guilty, review the definition of 'illness' and try to treat yourself with the same respect and concern you would show a cancer patient or a person with pneumonia.

Additional Support Services

[Living Beyond Suicide \(LBS\)](#) between 10am–10pm any day.

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

[Kids Helpline](#)

[Lifeline](#)

[Beyondblue](#)

[Mensline](#)

[Suicide Call Back Service](#)

Phone 1300 76 11 93

Phone: (08) 8443 8369

Phone: 1800 55 1800

Phone: 13 11 14

Phone: 1300 22 4636

Phone: 1300 789 978

Phone: 1300 659 467

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



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