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Bereaved Through Suicide Support Group Inc.

ANNUAL GENERAL MEETING

Wednesday 21 August.
(see below/page 2
for more details)

Calendar of events

Wednesday 21 August - BTS Annual General Meeting

6pm-6.45pm, Uniting Communities, Lvl 3 (Way Hall), 10 Pitt St, Adelaide. Parking at Care Park, 15 Pitt St. BTS invites all its members to attend the AGM which will be followed by light refreshments. The monthly support meeting will follow. See page 2 for more details. We need your support. We have a couple of retirements and need new faces to fill their roles.

Wednesday 21 August - BTS Monthly Support Meeting

7-9pm, Uniting Communities, Lvl 3, 10 Pitt St, Adelaide. Parking, Care Park, 15 Pitt St (directly opposite).

Special Presentation – by Nicole Burke

A personal story of trauma and recovery from a bereaved sister and social worker.

The presentation will be followed by the support meeting. The meeting is for those bereaved through suicide and is facilitated by trained support workers who have themselves been bereaved through suicide. The meeting offers the opportunity to express one's feelings in an environment that is caring and safe. Besides providing the opportunity to share experiences, the meeting presents information about the process of loss and grief, and strategies to heal.

Sunday 6 October - BTS Coffee Morning

10am -12.00pm Botanic Gardens - 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 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. Coffee and light refreshment provided by BTS.

A Welcome from the Chair

Dear All,

Welcome to the third edition of the 2019 Newsletter. It is difficult to believe that in a few weeks we will be having the BTS AGM on the 21st August as it seems that the last AGM was only a few months ago!

We need to replace a couple of retiring committee members and I personally would ask that if you have a few hours once a month to attend a committee meeting and helping out that you consider nominating for the committee (see form below).

Being a committee member gives one a rewarding feeling knowing that you are providing the management of the support services to those experiencing the grief and loss of someone to suicide. Without new persons standing for the committee BTS will not be able to provide these services.

I would like to thank all those involved in the running of BTS. To the support workers and volunteers, the management committee and the members of our professional advisory council go my thanks to your continued involvement and providing your valuable contribution and time to BTS.

Looking back over the last 12 months I hope that the many of you who have used our services have found them to be of value and help.

Through our support meetings, coffee mornings, phone support, email and newsletters we are in touch regularly with over 300 people.

As committee members and support workers we have attended webinars and training courses and listened to advice from our members in an endeavour to continually improve the level of service we provide.

In this newsletter you will find information on national events taking place in September/October that focus on suicide prevention and mental health (on opposite page).

We can all play a part in just asking our family, friends and work colleagues how they are feeling and listening to them, or even just putting an arm around their shoulder. Showing you care can make a huge difference to a person's mental health.

Finally, I can only reiterate that we need new committee members. I have now been on the committee for over 7 years. I have met so many people who even in their time of grief and loss have been able to provide me with support when I have needed it.

With kindest of thoughts.

Tim Porter
(on behalf of BTS volunteers and committee)

Bereaved Through Suicide Support Group Inc. Notice of Annual General Meeting

Wednesday 21 August, 6pm, 3rd Floor, Uniting Communities, 10 Pitt St, Adelaide.

BTS invites all its members to attend the AGM which will be followed by light refreshments. The monthly support meeting will follow at 7pm. A strong core group of members have made up our committee over the last few years. However we have committee members retiring this year and need new members. Please consider standing and contributing a few hours a month. Being a committee member is a most rewarding experience as you are contributing to the framework that allows BTS to provide its important services to those bereaved by suicide.

Please consider nominating yourself or if you know of someone who may be interested in standing for the committee, please give us a call on (08) 8332 8240 or 0468 440 287 or contact us at support@bts.org.au. If you wish, scan and email your completed form to support@bts.org.au by the 10th August. If you nominate, your nomination can be proposed and seconded by current committee members.

Nomination (Please Print Clearly)

I, (name of member proposing)

Phone Email

and I (name of member seconding)

Phone Email

Nominate (name of nominee)

For the position of: (circle one) Management Committee Member / Chair / Vice Chair / Treasurer / Secretary

Nomination Acceptance

I (nominee)accept the nomination as indicated above.

Nominee's signature Date.....

UPCOMING NATIONAL EVENTS

World Suicide Prevention Day 10 September 2019



This theme was chosen internationally as it highlights the most essential ingredient for effective global suicide prevention- collaboration. Suicide is a whole-of-community issue within which we all have a role to play, and together we can collectively address the challenges presented by suicidal behaviour in society today.

On September 10th, join with us and many others across the world who are playing their part in the prevention of suicide.

R U OK? Day 12 September 2019



R U OK? Day is a national day of action, dedicated to inspiring all people of all backgrounds to regularly ask each other 'Are you OK?'

R U OK aims to prevent suicide by encouraging Australians to connect with someone they care about and help stop little problems turning into big ones. On that day we want everyone across the country, from all backgrounds and walks of life, to ask family, friends and colleagues: "Are you OK?"

Staying connected with others is crucial to our general health and wellbeing. Feeling isolated or hopeless can contribute to depression and other mental illnesses, which can ultimately result in suicide. Regular, meaningful conversations can protect those we know and love.

It's so simple. In the time it takes to have a coffee, you can start a conversation that could change a life.

Mental Health Week 6-12 October 2019

Your mental health is just as important as your physical health. Let's take care of it together.



Mental Health Week is an annual, national event that aims to improve community awareness and interest in mental health and wellbeing.

Stigma around mental illness due to misunderstanding or prejudice remains an issue in Australia, delaying or preventing people from wanting or feeling able to seek help, and impacting adversely on their lives. The reality is the vast majority of people affected by mental illness are able to lead independent and contributing lives in the community, with the right treatment and support. With one in five Australians affected, they form part of our close circles of family, friends and colleagues, and interact with us in our communities every day.

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. It challenges perceptions about mental illness and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

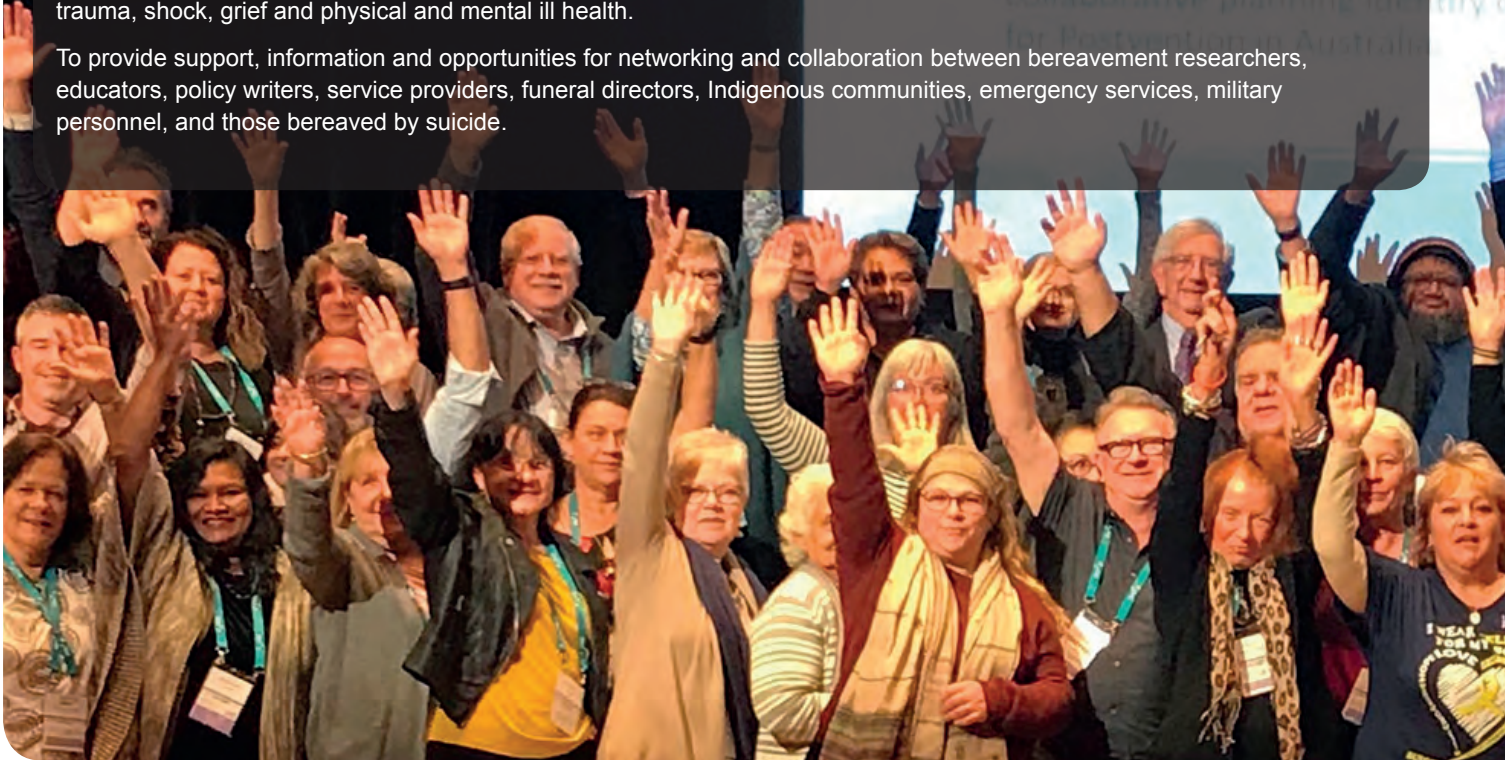
2019 AUSTRALIAN POSTVENTION CONFERENCE RECAP

Conference Objectives were:

To provide a voice for those bereaved by suicide through creative expression and integrating the stories of those bereaved by suicide across Australia.

To reach out and support with Hope and Healing, military and emergency services personnel suffering intense emotional trauma, shock, grief and physical and mental ill health.

To provide support, information and opportunities for networking and collaboration between bereavement researchers, educators, policy writers, service providers, funeral directors, Indigenous communities, emergency services, military personnel, and those bereaved by suicide.



Conference Program

The three-day conference commenced with half-day and full-day pre-conference workshops on Thursday 13 June.

These workshops were followed by two days of plenaries, workshops and presentations from International and Australian presenters. We are privileged to have had international guests and invited Australian speakers who are well known in Australia and internationally for their research and expertise in trauma and bereavement.

International presenters included:

Dr Julie Cerel
(President, American Association of Suicidology)

Ken Norton
(NAMI NH, Connect Suicide Prevention, Intervention and Postvention Program)

Sharon McDonnell
(Suicide Bereavement UK)

Australian presenters included:

Prof. Pat Dudgeon
(Deputy Chair, Australian Indigenous Psychologist's Association, Chair, National Aboriginal Torres Strait Islander Leaders Mental Health, Co-Chair, Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention Advisory Group, Director, National Empowerment Project, the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project and the UWA Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATISIP))

Prof. Myfanwy Maple
(Professor of Social Work, and Chair of Research, School of Health, University of New England)

Adele Cox
(Project Director, National Indigenous Critical Response Project, Chief Executive, Thirrili Ltd)

Nikki Jamieson
(Military focus, Suicide Prevention in Health Services, Queensland Health, MSuicidology)

The conference concluded with a special Healing and Remembrance Service. The Healing and Remembrance service provided an opportunity for individuals, families and friends to come together to share and be supported in their grief as we honour and remember their loved one.

'BUILDING HOPE TOGETHER'

To contribute to an evidence base through the exchange of research and practice knowledge.

To raise the prominence of suicide bereavement issues nationally.

To highlight the range of Australian bereavement services and promote an integrated and cohesive approach to the needs of bereaved people, Indigenous communities, military and emergency service personnel at a local, state, national and international level.



Terella's experience

I was very fortunate to receive a sponsorship to attend the 6th Australian Postvention Conference in Sydney in June. The conference was held over three days with workshops and presentations about suicide bereavement support and prevention. Though it was emotionally tiring, I learnt many things to help me in my grief as a bereaved person, and also in my work supporting others.

I attended a very informative workshop about facilitating support groups that gave me some new ideas as well as confirmed that BTS is on track when it comes to best practice, which was encouraging. I also attended some really interesting presentations on the grief and trauma that first responders (police, paramedics, fire fighters) and those in the military can experience. The need for more support in our Aboriginal communities was also highlighted and I was, not for the first time, confronted and distressed by the over-representation of Aboriginal people in our suicide statistics.

The conference was an opportunity draw media and government attention to the importance of prioritising mental health and suicide prevention initiatives and a resolution from Postvention Australia that:

- Postvention Australia is the national peak body for Postvention in Australia.
- The problem is that Australia does not have a coordinated approach to Postvention. We believe recognition and leadership is required to set future directions for this critical issue.
- The solution we believe is to urgently provide appropriate resources to establish a representative 'National Steering Group' to undertake collaborative planning, identify opportunities and, set future directions for Postvention under the auspices of Postvention Australia.

All in attendance agreed with this resolution.

Written by Terella Rosen

You can read more about the 2019 Postvention Conference on the Postvention Australia website: <https://postventionaustralia.org/>

SIBLING SUICIDE SURVIVORS:

Suicide-bereaved siblings suffer intensely. They also tend to suffer invisibly.

If your brother or sister dies, you immediately lose someone you may have grown up with, laughed with, argued with, and have a lot of memories with. You may be feeling a lot of things, including guilt or that you should have protected them. You may feel hurt that they did not ask you for support, or that they've left you. You may feel that you have to look after your parents, before looking after your own grief.

Everyone responds differently to loss because of the special relationship they had with that person – how you grieve may be different to a parent or a friend. This kind of loss is life changing and can alter your perception on life and the decisions you make.

The loss of a member of your family unit can change the family dynamic as you become the eldest, youngest or only child and responsibility and roles are distributed differently. You may feel overprotective of your remaining siblings and/or parents and they may become overprotective of you.

How you may be feeling

Everyone grieves differently so there is nothing you “should” be feeling and the grief you do experience can come and go.

Guilt – This can manifest itself in thoughts such as ‘I didn’t do enough’ and ‘I should have stopped it’ and can feel like overwhelming failure, not diminished by reminders of all the good things you did for that person. Remember only the person who died knows why they couldn’t cope any longer. Guilt may also be due to unsettled arguments or the fact that you were the one to survive not them.

Abandoned – You may feel as if the love and care you have given to your sibling has been rejected by them. You may feel distressed that they have left you. The same sentiment can be applied to those around you, if you feel as if they are failing to support you when you need them most, because they are grieving themselves or they don’t know how to help.

Unresolved – Questions such as ‘what if’ and ‘why’ as well as recalling last conversations can be hard to resolve as you try to make sense of the situation. The causes of suicide are complex and only the person who has died really knows the reason why.

Numb – Sometimes people don’t feel anything. They cannot express their grief and this can cause guilt for not crying or showing physical expression. Numbness is completely normal. It may change if the pain takes a while to break through.

Angry – This can be directed towards multiple people, such as the loved one you have lost or someone you thought should have looked after them. There may be various reasoning behind the anger, such as being the cause of pain or feeling let down by them. This is a common, especially while trying to deal with so many strong emotions.



THE “FORGOTTEN MOURNERS”

Depressed/suicidal – You may feel as if you are losing control of your mental health as the grief is so intense. You may experience suicidal thoughts yourself, wanting to join your sibling, thinking that you cannot live without them. In this case you should seek professional support to help you overcome these emotions.

Unable to express your grief – You may feel that you should be supporting your parents, or that their loss is seen as “greater” than yours. Suicide affects people in different ways, and your feelings are valid. It’s important that you know you can grieve your loss, and that you should talk to someone about how you are feeling.

Supporting yourself

It can be difficult to ask for help – those close to you, who understand the situation, are also grieving and those outside the family may lack understanding. Not everyone will know how to respond sensitively so you may be faced with hurtful comments usually due to ignorance rather than intentional spite.

- Don’t avoid talking about the situation and how you are feeling
- Don’t use drink and drugs to blot out the pain as this can make it worse
- Avoid making life changing decisions and taking risks
- Look after your needs, making sure you eat and sleep enough
- Create an ‘emotional first aid kit’ to help you when you feel bad, sad or mad

Don’t become a substitute. You may feel the need to fill the space your sibling left and make up for the things your sibling didn’t get to do but this can cause unnecessary pressure. You can learn from the person your sibling was while continuing to be who you want to be.

Supporting your parents

Not only do you have to deal with your own loss and confusion, but that of your parents. They might withdraw themselves from you and others. They may seem to have a loss of purpose and become very ‘fixated’ on their lost child and the cause of their death. You may feel like you have lost your parents as well as your sibling.

As your parents are also in a lot of pain, they may say things that they don’t mean – even going as far as to blame you or other family members. This is a natural response to such an extraordinary situation, but it also obviously hurts and does not mean that it’s true.

Your own grief may not feel valid, you may feel as if your emotions are not as important as theirs, especially as others ask you about your parents, not acknowledging that you too are grieving. You may feel you can’t “burden” your parents, but it’s still important to talk about how you are feeling, and to grieve yourself.

What you may find helpful

Remembering the sibling who died – this could include making a memory box, looking at pictures of the person, going to their special places or doing things you did together.

Talking to others – this allows you to express your feelings and discuss memories, alternatively you could write your feelings down in a diary or a letter to your loved one.

Doing things you enjoyed before the death – including spending time outside, playing sports and going to social events.

Preparing yourself for the question ‘How many siblings do you have?’ – you may not want to recall the story of your loss to people you meet but it may feel disloyal to write them out of your family history, making it a difficult question to answer so one you should prepare yourself for.

Written by Rebecca Clark

<https://supportaftersuicide.org.uk/siblings/>



SELF-CARE IN GRIEF: THE MYTH OF KEEPING BUSY

When experiencing grief keeping busy only serves as a distraction that buries the pain underneath every activity you can pile on top of it.

It only helps to make one more day go by which in itself connects to the myth that time heals all wounds. If this were true when someone breaks their leg we would say to them, "Don't be upset, time will heal this wound."

Beyond all this... keeping busy is not self-care.

So, how can we take care of ourselves while grieving? Well, here are a few ways we can truly care for ourselves during this time when we need self-care more than ever:

- Face your feelings – the painful emotions associated with grief are a natural and normal response to loss. You can try and suppress them or hide from them all you want but in the end this will only prolong the grieving process. Acknowledging your pain and taking responsibility for your feelings will help you avoid the complications often associated with unresolved grief such as depression, anxiety, substance abuse, and health problems.
- Express your feelings – the most effective way to do this is through some tangible or creative expression of your emotions such as journaling, writing a letter expressing your apologies, forgiveness and the significant emotional statements you wish you had said, or art projects celebrating the person's life or what you lost.
- Feel whatever you feel – it's okay to be angry, to yell at God, to cry or not to cry. It's also okay to laugh, to find moments of joy, or to let go when you're ready. Your grief is your own and no one can tell you when you should be "over it" or when to "move on."
- Look after your health but be aware of short-term relievers – these can be food, alcohol/drugs, anger, exercise, TV, movies, books, isolation, sex, shopping, workaholism, etc. Most of these are not harmful, in fact some are healthy, but they become harmful when they are used for the wrong reasons... to cover-up, hide or suppress our grief. Try and get good sleep, try and make healthy food choices, try and be physically active but more importantly allow yourself to grieve as this is the best form of self-care.

<https://whatsyourgrief.com/self-care-and-keeping-busy/>



Grief and Loss: Self Care

Learn how to care for yourself after a loss.

The following suggestions were written to help you take care of yourself following a death, but apply to any kind of loss you might be experiencing.

- Listen to your body: If you need to cry, then cry. If you need to sleep, then do so. If you need to talk to someone, seek out someone who will listen. If you need to reminisce, then take the time. It is important for the grieving process that you go with the flow.
- Lower expectations for yourself: You can't expect yourself to run at full capacity for some time. Give yourself a break and don't expect yourself to perform as well as you did prior to your loss. Educate others that it will take some time before your performance is back to normal.
- Let others know what you need from them: Don't expect others to know what you need. Communicate to family and friends how they can support you.
- If you need counseling, do get it: Get all the support you need. There are many bereavement support groups as well as counselors or spiritual advisors who specialize in bereavement counseling. Don't hesitate to contact a medical and or mental health specialist if you have feelings of hopelessness or suicidal thoughts.
- Take the time to do the things you need to do for yourself: When you feel up to it, engage in activities to which you feel drawn. It could be visiting a place you haven't been to in a while, walks in nature, reading, etc.
- Pamper yourself: Treat yourself well. Without breaking your budget, do things for yourself that are helpful like walks, being with people who are nurturing to you, and inexpensive activities.
- Keep a journal: Writing down your thoughts and feelings can help you to validate and work through your grief.
- Get physical exercise: If you exercised prior to your loss, try to maintain the same routine. If you did not exercise prior to your loss visit your doctor before embarking on a physical exercise routine. Physical exercise can improve the way you feel.
- Obtain a proper diet and sleep: Maintaining a healthy diet and getting proper sleep is essential for functioning as well as you can. If you are having difficulty with either, visit your doctor.
- Be aware of others' reactions: Many people do not know how to react appropriately to your grief. Some are more comfortable than others in responding to your situation. Be aware that people have different ideas not only about death, but also about how bereaved individuals should react. Be true to yourself and let others know if they say something inappropriate.

<https://griefwatch.com/self-care>

10 THINGS TO SAY TO SOMEONE WHO HAS ANXIETY

If I am honest with myself, I have no idea when my anxiety troubles started. I was diagnosed with an anxiety disorder about five years ago, but I exhibited symptoms years beforehand. Perhaps I was born with it. Whenever it started, I feel confident in saying that I have struggled with anxiety for long enough to know that the things people say to anxiety-sufferers can have a profound effect on their mood and well-being.

In my last article, I talked about ten things that should not be said to somebody with anxiety. I decided to approach things from the other direction in this article, and detail ten things that you can, and indeed should, say to someone with anxiety. The idea behind these is to provide non-judgemental solidarity with the anxiety sufferer, as well as an assurance of support, while they navigate their way through the difficult times.

1. “Are You OK?”

I like to call this the ‘checking in’ move, and it is particularly helpful to anxiety-sufferers who do not like to or are not always able to tell others when something is wrong. Asking “are you ok” gives them a window of opportunity to tell you if they are not. Also, even if they are all right at the time, the act of asking indicates that you are somebody who can be approached. If you are unsure whether asking the question would be appropriate, take a moment to look out for signs of anxiety in their body language before asking. Fidgeting, looking tense, frowning, and ‘spacing out’ are all common anxiety indicators.

2. “I’m Always Here if You Need to Talk”

Sometimes a person with anxiety will want to talk through what is bothering them. Other times they will prefer to be by themselves for a while so they can sort out what is going on in their heads. And then there will be times when they will want to be by themselves, but will want to talk it through later. Whatever the case, many people with anxiety worry that they will be bothering or burdening their friends and families if they share their anxiety problems. Letting the anxiety sufferer in your life know that you are always there to talk, and that they will not be bothering you by doing so, is a hugely reassuring thing to hear.

3. “Your Fears/Worries/Triggers Are Not Silly”

Anxiety can be embarrassing for a number of reasons. One such reason is that an anxiety sufferer’s ‘triggers’ (things, people, situations, etc., that aggravate a person’s mental illness) are often unusual. I personally get apprehensive walking into bookshops, because there have been too many times where I have been in a bookshop and seen a book cover that has made me panic. It can be hard to tell a loved one the details of your anxiety when you are worried you will be laughed at or thought to be ridiculous. Letting the anxiety-sufferer know that their fears/worries/triggers are not silly, and that you do not think they are silly for having them, will help the anxiety-sufferer feel safer opening up to you.

4. “Take Your Time”

In a society that is all about ‘going’ and ‘getting things done’ and ‘time-saving’, many of us (whether we have anxiety or not) feel bad when we are not being as ‘productive’ as we feel we could be. Anxiety-sufferers often feel burdened to get over anxiety attacks as quickly as possible. It is therefore important to let them know that there is no time frame with anxiety. If they are having a panic attack, give them the time they need to pause and get back to their normal equilibrium. If they are struggling with a more long-term anxiety spell, assure them that they have all the time in the world to recover, and you will be there for them if/when they are ready.

5. “Let’s Sort Through This Together”

Long-term problems become that much easier to deal with when there is camaraderie, and anxiety is no exception. Like two people can sit down and sort through monthly budgets or work out relationship problems, so too can two people talk through anxiety troubles. Talking about what is bothering us is great for letting out all the bad anxiety feelings, and it can also help to figure out what caused the anxiety troubles in the first place. But whether some amazing breakthrough is made or it is just a few minutes of sifting through feelings, it can be liberating to be able to share our thoughts with somebody we trust.

6. “How Can I Help?”

At the risk of pointing out the obvious, offers of help are helpful. It is difficult to predict when and how anxiety will affect different people on different days. Sometimes a good conversation might be all that is needed to work through it. Other times the anxiety could be so overwhelming that getting out of bed is hard. As such, this simple, open-ended question provides options. It also indicates kindness and a desire to support the anxiety sufferer, which will not be forgotten in a hurry.

7. “There’s a Cup of Tea Waiting for You at Home”

To get personal again for a moment, one thing my anxiety does is stop me living in the now, because my mind goes into strange, hypothetical scenarios that fill me with dread. At times like that, one of the best things anybody can do is remind me of really good, simple, real things that are there for me to enjoy now or in the near future. Some other good ones (for me, at least) are: “you’ll see the cats soon”, “you have time tonight to crochet two more rows of your project”, and “there’s a new episode of Murdoch Mysteries to watch”.



8. “This Feeling Will Pass”

Whilst in the grip of a bad anxiety spell, it can be impossible to remember a time when you were not feeling anxious. The anxiety is so overwhelming that you sometimes wonder if you are ever going to feel normal again. When this happens, a gentle reminder that the bad feelings will eventually go away can work wonders, because then the anxiety-sufferer will remember to anticipate that better time. It is like a beacon of hope.

9. “I Know You Can’t Control It”

Anxiety has had a lot of bad press over the years, and there is still a widely-held belief that it, and other mental illnesses, can be effectively controlled with will-power. Anybody with anxiety can accurately proclaim that this belief is false, but that does not stop people (including some very influential people with the power to change national medical and social policies) believing that mental illness is series of imaginary afflictions concocted by people hoping to gain pity from the masses. As the ones who feel this stigma, hearing our loved ones say ‘I know you can’t control it’, or ‘you are not making this up’, or ‘this is not your fault’ is a form of validation. It lets us know that you are taking us seriously, as well as our illness. That means a lot in a world where our illness is often dismissed.

10. “I Love You, No Matter What”

Those of us with anxiety understand that being among our friendship group or family circle can be a nuisance. We are sure that it is sometimes infuriating having to go to the store after a full day of work because you are out of milk and your anxiety-ridden loved one has not been able to bring themselves to leave the house all day. Sometimes we worry that we have become too much of an annoyance for our friends and family, and that they do not care about us anymore. It is a great relief to be told ‘I love you, no matter what’, because that assures us that our anxiety will not stop people from caring about us.

<https://thebodyisnotanapology.com/magazine/10-things-to-say-to-someone-who-has-anxiety/>

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**

BTS holds a support meeting facilitated by trained Support Workers, themselves having lost someone to suicide, it is a place for people to find compassion, support and understanding. Thoughts of attending a meeting can be incredibly daunting. Many of us want to be alone. But knowing and talking to others that know, and have an understanding of, how you feel can provide some help and solace in this incredibly difficult journey.

Donations

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, however we incur costs by providing the support services above.

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** Tax deductible receipts will be issued.

Thank you in advance for supporting our very worthy organisation.



Additional Support Services

NATIONAL SUPPORT SERVICES

Lifeline	13 11 14
Kids Helpline	1800 55 1800
Beyondblue	1300 22 4636
Mensline	1300 789 978
Suicide Call Back Service	1300 659 467

OTHER SOUTH AUSTRALIAN SUPPORT SERVICES

Living Beyond Suicide (LBS)	between 10am–10pm any day.	1300 76 11 93
Minimisation Of Suicide Harm (MOSH)		8443 8369
Country SA – Standby Response	North	0438 728 644
Country SA – Standby Response	South	0437 752 458
Silent Ripples	Murray Bridge	0417 741 888

Thank you

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