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Calendar of events

📅 18 March BTS Support Meeting

Please note the meeting is to be held on a Thursday night.

7-9pm, will be held in the Uniting Community building "UCity" 43 Franklin St. (cnr Pitt St.). Please register at reception and they will direct you to the 3rd floor meeting room. Parking is available on street or in Franklin St. or Pitt St. car parks.

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.

Should you wish to attend call or text the BTS Support line on 0468 440 287 as numbers are restricted due to Covid-19 restrictions.

📅 22 April BTS Support Meeting

Please note the meeting is to be held on a Thursday night.

7-9pm, will be held in the Uniting Community building "UCity" 43 Franklin St. (cnr Pitt St.). Please register at reception and they will direct you to the 3rd floor meeting room. Parking is available on street or in Franklin St. or Pitt St. car parks.

Should you wish to attend call or text the BTS Support line on 0468 440 287 as numbers are restricted due to Covid-19 restrictions.

☕ Sunday 23 May - BTS Coffee Morning 10am -12:00pm Botanic Gardens Cafe

Botanic Gardens Café (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.

Due to Covid restrictions should you wish to attend please call or text the BTS Support line on 0468 440 287 as numbers will be limited.

A Welcome from the Chair

Welcome to the first quarter edition of the BTS Newsletter for 2021.

Much has been written about the happenings in 2020 and the affect that the Covid virus has had, not just those who have unfortunately contracted the disease, but on society in general. BTS was affected by the restrictions put in place and we were only able to hold 3 meetings for all of 2020.

The way we live have changed greatly with much anxiety placed around going out – even now in 2021 when Covid seems under control we still question such things as; how social can I be, do I now shake hands, how many people are allowed in the space, making sure I sign in at each store I enter, remembering where I have been (just in case). We now seem to spend time with a closer circle of family and friends and many of us still work from home.

Many questions on what society looks like going forward remain and the occasional outbreak of Covid only heightens our wariness of what we should be doing. Much time is spent staying in contact via the internet, using social media to keep up with family and friends. At BTS we have experienced this change. We have a limit on the number of persons who can attend our support meetings and have been receiving more emails seeking support.

The nature of how best support those bereaved through suicide has been a major discussion for the committee throughout 2020 and into 2021. The committee strongly feels that to take BTS into the future that we need new committee members. Also, after 8 years as Chair it is time to step aside. As well a couple of long serving committee members will retire, so at the August AGM BTS will be seeking to fill a number of committee positions. A refreshed committee can look at how best BTS can provide the services to support the bereaved community in a post-Covid world.

From a personal perspective being Chair has been a privilege and has made me a more insightful, caring person. Whilst death by suicide is such a difficult subject to know that you have been there to support those bereaved through difficult times.

Please consider joining the BTS committee. As always should you like to discuss the committee roles give our phone line a call/text or email to support@bts.org.au.

May we all travel safely through 2021 and take care of ourselves and those around us.

With the kindest of thoughts.

Tim Porter

(on behalf of BTS volunteers and committee)



A Guide to Working Through the Grief After a Loss by Suicide

There is no easy prescription for recovering from the loss, but there are things you can do to better cope with and ease the pain.

People give you all kinds of advice when a loved one dies: "You have to go on with your life." "Your loved one would want you to be happy." "You are strong and brave and you can get through this." "You have to be strong for your siblings, children, and other loved ones." These words of encouragement are stated with the best intentions in mind. They are meant to convey comfort and optimism during difficult times.

Grief is overwhelming at best, no matter the cause of death, but loss by suicide is particularly complicated. Survivors of loss by suicide face the same painful emotions as others who grieve a loss, but they also have to cope with messy and complicated emotions, like guilt, shame, and anger, to name a few. They are forced to confront the stigma associated with suicide every time they answer a question about their loss.

It was 21 years ago that my father died by suicide, alone in his office on the last day of April. The initial shock that enabled me to go through the necessary steps to bid my father farewell was soon replaced with overwhelming feelings of guilt, despair, and utter disbelief.

I was 23 years old at the time, and nearly one year into the master of social work program at the University of Pennsylvania. I knew the symptoms of depression and the warning signs for suicide, but I never saw it coming. He didn't wave a single red flag before he died. I would grapple with that guilt for years to come.

While there is no prescription for "getting over" loss, you will get through this. In time, you will find that you are not alone in this catastrophic loss, and connecting with others can help you feel less isolated. There are things you can do to better cope with the emotional turmoil that accompanies a loss by suicide. Grief is a journey that changes over time, but doesn't necessarily end.

Many people benefit from psychotherapy as they work through their grief following a loss by suicide, while others take comfort in groups for survivors.

There is no right way to grieve this kind of loss, and no perfect words to ease the pain of those left behind. The following guide is intended to help survivors of suicide take the steps that work best for them and their loved ones.

GRIEF

I had my own notion of grief. I thought it was a sad time that followed the death of someone you love and you had to push through it to get to the other side.

But I'm learning there is no other side.
There is no pushing through.
But rather there is absorption,
adjustment, acceptance.

And grief is not something that you complete. But rather you endure.
Grief is not a task to finish, and move on,
but an element of yourself - an alteration of
your being. A new way of seeing,
a new destination of self.

Gwen Flowers

**GRIEF CHANGES US
THE PAIN SCULPTS US
INTO SOMEONE WHO
UNDERSTANDS MORE DEEPLY
HURTS MORE OFTEN
APPRECIATES MORE QUICKLY
CRIES MORE EASILY
HOPES MORE DESPERATELY
LOVES MORE OPENLY**

UNDERSTANDING

Understanding that your loved one's suicide is not your fault.

There's plenty of guilt to go around when it comes to picking up the pieces following a suicide. According to a review published in June 2012 in the journal *Dialogues in Clinical Neuroscience*, research has shown that in addition to the typical sadness and disbelief expected with all grief, overwhelming feelings of guilt, confusion, rejection, shame, and anger are prominent among survivors of loss by suicide. There also tends to be an immense need to make sense of the loss.

Survivor's guilt is a huge obstacle on the path to recovery. It's natural to get caught up in intrusive thoughts telling you that you could have done or said this or that when confronting the stress of this kind of trauma, but it's essential to remember that intrusive thoughts aren't accurate thoughts. These thoughts don't paint the complete picture.

Repeat after me: I am not responsible for my loved one's suicide.

Write yourself a note. Text yourself reminders. Ask a close friend to remind you of this often. You are not responsible for your loved one's death.

Coping With the 'What Ifs?'

The "what ifs?" will keep you up at night. They'll sneak up on you when you least expect them. They'll ruin what you think might finally be a somewhat regular day.

- What if I made that phone call?
- What if I didn't start that fight?
- What if I didn't file for divorce?
- What if I didn't yell at my child over that poor grade?
- What if I had been more understanding?
- What if I paid more attention?
- What if I insisted on therapy?

The "what if" statements that trigger feelings of guilt are seemingly endless. The truth is, it's easy to look back and hyperfocus on the perceived missteps along the way. When people look for errors, they generally find them.

But the "what ifs?" following suicide are more like false accusations. The "what ifs?" force survivors to look inward in self-blame, thereby increasing the feelings of guilt and shame.

Make a List of the 'I Dids'

Chances are you gave your loved one a lot of support throughout your time together. Make a list of the ways you did support your loved one. Include both small and large acts of kindness and support. Tuck that list away somewhere safe and refer to it when the "what ifs?" sneak up on you again. By reframing your thought process to focus on how you did provide help and support, you give yourself permission to release the feelings of guilt.

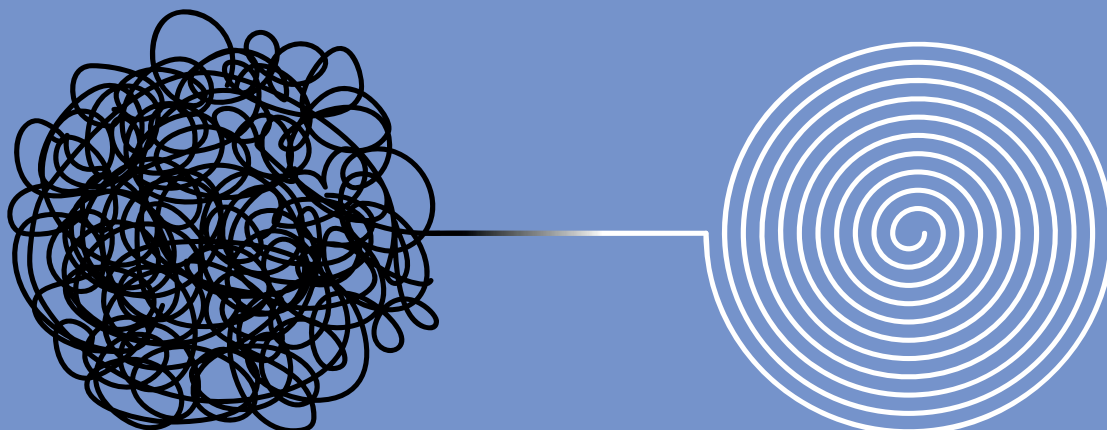
Given that relationships are built on trust and support, it's natural that surviving spouses and partners experience feelings of guilt about failing to see the signs or provide adequate support. The fact is that depression is often an invisible illness.

Many people go about their day-to-day lives while fighting a silent battle that has very few physical symptoms. This is beyond the control of a spouse or partner.

Parents of children who die by suicide might experience feelings of guilt and self-blame related to their parenting: "If only I had been more supportive." "If only I had gotten help sooner." While parents do play an integral role in the emotional development of the child, they do not cause suicide. It is not the failure of the parent that results in child suicide, nor can parents assume the blame.

Siblings share their own unique bonds, and sibling relationships can ebb and flow. Young sibling survivors might experience self-blame if they recently had a fight, didn't act in a kind manner, or teased their sibling. Older siblings might experience self-blame if they haven't been in close contact, or meant to call or send a note. It's important to help surviving siblings understand that they had no control over this loss.

Close friends can also experience feelings of guilt and self-blame. When life feels busy, it isn't always possible to return every call or check on friends. While checking in on friends is always kind and helpful, one missed phone call or canceled coffee date is not the cause of suicide. As with spouses and partners, it's very difficult for friends to spot the warning signs.



Being aware that feelings of shock can make even daily tasks challenging.

The shock that occurs upon learning of a loss by suicide feels overwhelming and possibly never-ending. It might seem like it consumes you. Questions course through your mind as you attempt to pick up the proverbial pieces. You might feel frozen, like you don't know how to do the things that once came naturally to you.

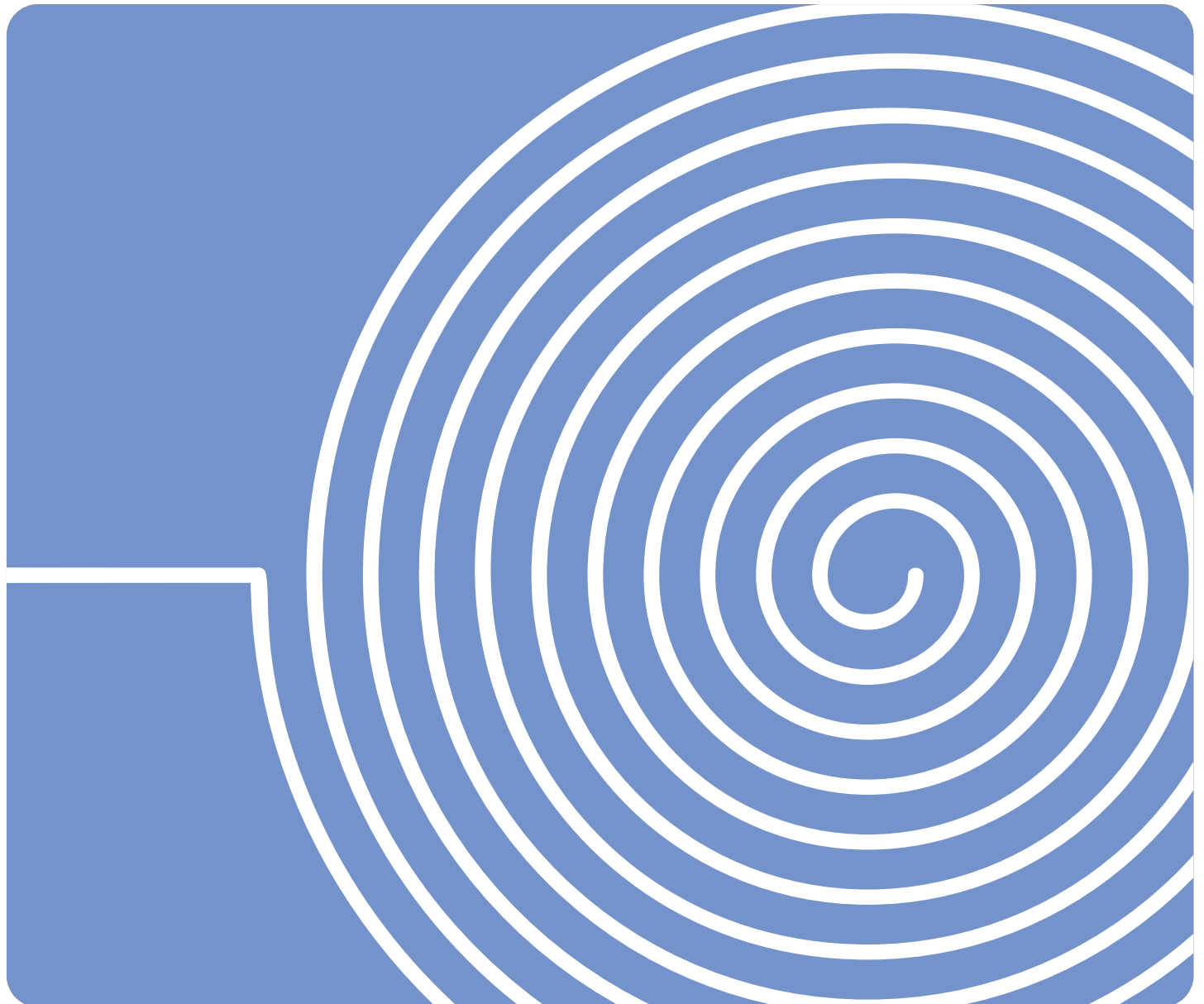
Shock can make things like eating, showering, and sleeping feel impossible. You might find that you ignore your daily personal needs as you go through the motions of getting through each day. This is one of the natural reactions to traumatic information. This is actually one way the mind processes tragedy and protects you from experiencing overwhelming responses all at once. Shock allows you to function as you come to terms with the enormity of the loss.

Shock can weaken your natural defenses. Given that you might find it difficult to eat and sleep as you normally would, this can put you at risk for illness, exhaustion, and poor emotional health. While shock is natural, it's important to call your doctor if it persists, to avoid health risks.

People don't always know how or when to help when friends or loved ones are coping with a suicide. They might attempt to give you space out of respect, but chances are you need hands-on support during those first few weeks.

Ask a close friend or loved one to help you generate a list of practical support to help get you through the shock. Do you need groceries, meals, or other errands? Does a dog need walking? Do you have kids who need extra support? Do you need people to help make phone calls to share the information about funeral arrangements? It can be difficult to ask for help when coping with tragedy, but social support will help you get through this.

Your shock will subside as you get through the initial phase of grief, but everyone has their own timeline. Take your time.



FINDING

Finding the road to healing after facing a loss by suicide.

You might be wondering when the “right” time is to seek help, or if you even need help at all. The truth is that it’s never too soon to seek support. Coping with a loss by suicide is complex. All people work through grief in their own ways, but because loss by suicide does come with a stigma, survivors of suicide can feel alone in their grief.

Consider these strategies as you figure out how to work through this difficult time:

Rely on Your Support System

Think about people who have supported you in the past. Consider close family members, friends, colleagues from work, people from your faith-based community (if you have one), and parents of friends of your children (if you have kids). It helps to think about your close friends first, and then zoom out.

Sometimes people resist relying on their support systems for help because they don’t want to be a burden. That’s an added layer of guilt that can sneak into the grief process, but accessing social support will help you feel less alone and relieve some of the stress of the day-to-day to-do list that feels overwhelming when you’re grieving.

Create a Support Map

Sometimes it’s difficult to know where to begin. One thing you can do is identify the places you have built in support systems and start there. If you belong to a church or temple, for example, write that down on a piece of paper. Underneath it, write down one or two supportive people there. Make another spot for family, work, and other important areas of your life. You’ll likely find that you already have a solid support system.

Acknowledge and Accept Your Emotions

You might expect to feel sadness, but loss by suicide can also trigger feelings of anger, guilt, shame, loneliness, shock, anxiety, confusion, and sometimes relief. It’s important to pay attention to and accept all of your emotions. All of these feelings are to be expected and can come and go as you work toward healing.

Seek Professional Help

Professional psychologists and psychotherapists can help you verbalize and work through your emotions about the loss and help you build adaptive coping skills. There are professionals who specialize in grief, suicide, and certain age groups. If there are grieving children, it’s best to seek a therapist who specializes in the child and adolescent population. Family therapy can also be beneficial as the family learns how to rebuild and comes to terms with their new life after suicide.

Seek Out Other Survivors

Suicide can be difficult to understand if hasn’t touched your life, but other survivors of loss by suicide can be a great source of support through difficult times. Whether you connect with one other survivor or find a suicide survivor’s group, processing your emotions with others who can understand you can be beneficial.

Take Care of Yourself

Grief can rob people of the ability to attend to the mundane. Things that people take for granted, like cooking healthy meals, suddenly feel overwhelming and unnecessary. You do need your strength to ride the emotional roller coaster of life after suicide, and that begins with mindful attention to your physical and emotional needs.

Enlist a buddy to help you practice self-care during this time. A lunch friend, walking partner, or goodnight texter provides support and reminders to attend to your needs.



Learning how to tackle the harmful stigma surrounding suicide.

If you want to clear a room in an instant, mention suicide. People have all kinds of reactions to discussions of suicide and mental health, many of them blanketed in discomfort. We, as a society, don't know how to talk about these isolating topics, so we tend to talk around them. But talking is exactly what we need to do to destigmatise suicide and mental health and relieve survivors of the unfair burden of protecting the emotional reactions of those around them.

Watch Your Words

Words matter to suicide loss survivors. While a simple turn of phrase might not seem like a big deal, certain phrases can feel judgmental and isolating. If you are in the position of helping a loved one who suffered a loss by suicide, consider these changes in language:

- Use “died by suicide” instead of “committed suicide.”
- Only use the word “suicide” when you’re discussing suicide. Phrases like “social suicide” and “career suicide” can be hurtful to suicide loss survivors.
- Use “suicide attempt” instead of “failed suicide” or “successful suicide.”

Share Your Story

When the shock begins to subside, survivors of loss by suicide are left to put their lives back together and attempt to carry on. This is a heavy burden in the face of tragedy. Just as a person who loses a loved one to cancer needs to talk through his or her feelings, survivors of loss by suicide need to tell their stories, too.

Once you’ve learned to use the phrase “died by suicide,” begin talking to a trusted friend or family member. Start small. If you’re riding the waves of shock, say that. If you’re feeling anger or confusion, say that.

The more comfortable you feel opening up to your support system about your loss, the more you reduce the stigma within your social circle. You can widen that circle as you feel comfortable, but don’t push yourself. While some survivors of loss by suicide take comfort in joining advocacy groups and speaking about loss by suicide, others need more time to heal before sharing their stories.

Knowing That Teens Are Affected by Suicide, Too

Many teens who attempt or die by suicide have a mental health condition that can make it difficult to cope with stressors such as failure, rejection, breakups, social issues, academic stress, and family discord. When teens lack coping skills or support systems to rely on when they’re struggling, they might have difficulty envisioning a solution to their problems.

There are red flags for teen suicide, but it’s important to remember that some elevated risks are difficult to detect. Many teens are adept at concealing their pain from their families and close friends.

Red flags include:

- Writing or talking about suicide, online or face to face
- Increased use of drugs or alcohol
- Social isolation
- Feelings of hopelessness
- Increased risky or self-destructive behavior
- Giving away possessions
- Personality changes, including increased agitation, anxiety, or depressed behaviors

Talking to Teens About the Loss of a Friend by Suicide

There’s a common misconception that talking to teens about suicide can have the unintended consequence of encouraging suicide. This is a myth. In fact, breaking the tension and talking openly about suicide can actually help teens open up about it.

Often, teens are more comfortable talking about suicide and mental health than adults, but it’s different when teens are the survivors of loss by suicide. There’s no perfect way to discuss this kind of loss, but it is important to be honest, use direct language (don’t try to sugarcoat it), empathize, and be prepared for questions.

You can open the conversation by asking your teen a question, such as:

- Did your school talk about the death by suicide?
- How did you feel when you heard the news?
- Did any of your friends have reactions that surprised you?
- Do you ever feel depressed? Do you ever think about suicide?

This is not a one-time conversation. You should check in with your teen regularly and normalize the wide range of emotions your teen is likely to experience



Helping a friend who has lost someone they love to suicide.

It's hard to know what to say to help a friend or loved one who lost someone to suicide. Though you can't relieve your loved one's pain, there are things you can say and do to help your loved one through this difficult time. Simply checking in, even by text, offers a line of support.

It can feel awkward to start conversations about suicide, but survivors of loss by suicide need friends who are willing to listen. Don't be afraid to show up with support, even if your friend or loved isn't asking for help.

There are several things you can do to help:

- Express your concern. A simple, "I know this is difficult for you. I'm here when you need me," shows your loved one that you are there for support.
- Be direct. Don't dance around the issue. Use the word "suicide" and be prepared to listen.
- Empathise. Reflecting your friend's feelings shows support and empathy. Statements like, "You're feeling shocked and angry about this," communicate that you're listening.

- Ask how you can help. It can be overwhelming for people to ask for help. More often than not, they don't know where to start. Ask specific questions to offer help. "Can I pick up some groceries for you? Do you need a ride to an appointment? Can I help you get the house organized?"
- Offer to help find support. Chances are your friend or loved ones need extra support at this time. Offer to help your friend find someone to talk to or a support group to attend, and be sure to offer to go with your friend.
- Listen. The most important thing you can do is listen. You don't have to have all the answers; you simply have to listen and offer support.

If you notice that your friend or loved one communicates feelings of hopelessness or unbearable emotional pain, encourage professional help right away. It is common for grieving people to feel depressed, isolated, confused, and angry. Professional mental health practitioners can help your friend work through and cope with grief following suicide.

Adapted from:

<https://www.everydayhealth.com/emotional-health/guide-working-through-grief-after-loss-suicide/>



LOSING A SPOUSE/PARTNER: LOVE OUTLASTS PAIN

I can only tell you what I have experienced. I have seen the darkness of great loss and heard the agonies of others who lost precious loved ones to suicide. I have touched and been touched by the changes sorrow makes to the human heart. I have tasted the difference between tears of joy and tears of grief. And I have re-awakened to the scents of life in a way I never knew before my husband died.

Now, almost seven years from the greatest loss I've ever known, I still feel the love we shared. I've found a new way to keep my husband in my heart and to make his life continue to count. For a time, though, the love that had lasted a lifetime was invisible to me. At some point, I realized the terrible pain of losing Ron had covered up that love, had covered everything. I thought I had lost it all.

Those were dark days. Survivors who share that kind of darkness understand. I struggled forward, struggled to live, just to survive. And I thought my life was over.

It was. And I did not want the new life that was suggested.

I would not be able to hold onto the old life. Realistically, I knew that, but I was not ready for a long time to accept it. The struggle this situation caused in my heart increased the pain. I felt anger each time someone well-meaning tried to draw me into the present. I did not want to leave the past behind, but the hands on the clock kept turning.

Have you ever watched a clock, measured the seconds as they pass? They seem to fly so quickly and, what's worse, they are unstoppable.

After life-changing loss, there is a period when we are trying to stay with our lost loved ones, a place between death – where they have gone – and life, where we are supposed to be. Somehow, we must find our way back to life, if only for the simple reason that we are, technically, living.

We find reasons to carry on. Practical reasons such as crying babies who need to be fed and changed and loved. Bills must be paid. Jobs don't wait forever. Then other reasons motivate us. People in our lives need us. We feel the instinctive pull of life. We need to do something with the new compassion and wisdom we've found.

The visual that came to my mind back then was a virtual house. There was a hole in the floor, a huge hole. All I could see was the hole in my life, the absence of the one I loved, the one who meant so much to me, whose life mine centered around.

The first step, I believe, is connecting with other survivors. In your darkness, watch for the tiny lights they offer. Grab onto the hope and help you find, no matter how small."

Gradually, I began to see parts of the floor in my visual aid that had not been torn away. The jagged edges of the flooring around the hole. I liken this visual and the progression I'm describing to what was happening in my life. At first, I could see nothing but my loss, feel nothing but pain.

As time went on, and as I interacted with other survivors and emptied myself of some of the pain by telling my story and responding to the stories of others in pain, I began to see more and more of the room my life was in. Slowly, piece by piece, I became aware of the entire "house" that represented my present life. I began to see things other than the pain.

The hole was still there, but it seemed smaller as my world vision grew. I saw blessings I had left in my life. Miraculously, I began to see and feel my husband's love again. It came first in dreams and then in my waking moments. I grew stronger.

As I recalled more and more of the good memories I had of my husband and family, I realized those were not gone forever, as I had thought. They had only been covered by the pain. Surprised that the love was still there, I felt joy again. I did not have to let my life with Ron go.

My life still has a hole in it. So does my heart. But there is much more there, too. I am surviving and even thriving. I made my way to that new life and found it a haven instead of the hell I had expected. I never thought I would feel joy or happiness again, but I did. And you can too. Maybe not today or next week. The first step, I believe, is connecting with other survivors. In your darkness, watch for the tiny lights they offer. Grab onto the hope and help you find, no matter how small. Build your new life. Try.

Yes, you have lost so much. But the love you shared is still there. It is a forever kind of love. Use it to rebuild. Treasure it. Thrive.

by Jan McDaniel

<https://allianceofhope.org/the-survivor-experience/survivor-stories/losing-a-spouse-love-outlasts-pain/>

FOREVER

OTHER SUPPORT NETWORKS



MOSH BEREAVEMENT GROUP - Support after suicide loss

No bookings required
Supportive
Non-judgemental
Shared experiences
Information

First and third Tuesday of each month
5:30pm - 7pm

86 George Street, Thebarton, SA, 5031 | Tel (08) 8443 8369

COVID-19 Update

MOSH House

Open Monday - Friday 11am - 4pm

MOSH CBD

Closed due to redevelopment

New shop location TBA

Thank you for your support and patience as our volunteer teams start returning to MOSH

**The only people who
thinks there is a time
limit for grief, have
never lost a piece of
their heart.**

**Take all the time
you need**

FOUR CANDLES

The first candle represents our grief.
The pain of losing you is intense.
It reminds us of the depth of our love for you.

The second candle represents our courage.
To confront our sorrow. To comfort each other.
To change our lives.

The third candle we light in your memory.
For the times we laughed The times we cried.
The times we were angry with each other.
The silly things you did. The caring and joy you gave us.

This fourth candle we light for our love.
We light this candle that your light will always shine.
As we think of you each day and share your memory
with our family and friends.

We cherish the special place in our hearts that will
always be reserved for you.

We thank you for the gift your living
brought to each of us. We love you.

We remember you.

NO ONE KNEW THE TORMENT

No one knew the torment,
that you were going through;
We only kept on seeing
What we really wanted to.
We saw the outward smile,
but not your inner pain;
We never really dreamt,
That you would never smile again.
Forgive us if we failed to see,
What we could do to aid;
Or if we failed to comprehend,
How much you were afraid.
We pray your mental anguish,
Will now forever cease;
And that your deep anxieties,
Will be replaced by peace.
We know your pain invaded,
Every single thought you had;
It made you cry internally,
And deeply, deeply sad.
But we in turn remember,
The good times, not the bad;
We remember when you smiled at us,
And not when you were sad.
So when we think about your life,
We won't dwell upon its close;
We'll remember all the good times,
And forget about life's blows.
We'll remember all the happiness,
The joy and not the tears;
The assurance and the confidence,
And not irrational fears.
Our lives have all been better,
Because you have been there;
So now we leave your memory,
In God's all-loving care.

(c) 2008 Dick Underwood

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: 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

A big thank you to Mandy Porter Photography and Ipsum Creative for their ongoing support with the newsletter and to Uniting Communities “Ucity” for providing the facilities to hold our support meetings.