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Calendar of events

Wednesday 8th December - BTS Support Meeting

The upcoming support meeting will be held at 7-9pm at 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.

This is the last meeting of the year. We will have time for reflection for those we have lost. Should you wish please bring a favourite reading, a poem or a memory of who you have lost.

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 number are restricted due to Covid-19 restrictions.

Wednesday 8th December - BTS Committee Meeting

BTS will be holding its next committee meeting prior to the Support Meeting on 8th December. The committee was elected a few months ago and is settling into its role. They would like to invite people to attend who are interested in joining the BTS committee. The new committee is considering having the committee meetings prior to the support meetings, on an on-going basis.

Should you wish to attend the meeting, call or text the BTS Support line on 0468 440 287 .

The meeting is held at 5.30pm. in the Uniting Community building "UCity" 43 Franklin St (cnr Pitt St), prior to the support meetings.

Letter from the Out-going Chair

Dear BTS member,

After 8 years as the Chair of BTS I stepped down from the role at the recent Annual General Meeting. I wish to thank every committee member that I have had the opportunity to work with over that time. Most have been dealing with their own personal bereavement but were willing to volunteer their time to support the bereaved community.

Being Chair was an honour. Over the 8 years I hope that I have been able to provide guidance and direction to BTS. BTS is now in a strong financial position, has a new website that is updated regularly, a newsletter that so many of the BTS members look forward to receiving, regular well attended support meetings at a new location at UCity – Uniting Communities and a well-maintained phone service.

But being chair of BTS was more than that. It showed that those bereaved by the loss of someone taking their own life required kindness, care, empathy and the occasional shoulder or hug and it was these elements that I considered to be the greatest privilege of being chair.

Attending and facilitating support meetings and morning coffees and seeing the courage of those bereaved through suicide in the telling of their stories and their sharing of their grief, heart-ache and loss among others at the meetings was most humbling and heartfelt.

But I could not have carried out the role for such a long period without the incredible support of my partner, Mandy. She has been the backbone of the organisation over the last 8 years. Mandy has facilitated and managed many of the support meetings, manned the support phone and helped many bereaved persons in their time of need with amazing kindness and understanding. Mandy has also been integral in finding articles from all over the world for the newsletter and been my companion in all discussions regarding BTS.

I would also like to thank all those people who have been involved with BTS since its inception in 1986, for without you and your giving of your time freely, BTS would not be here today.

To the new committee go my best wishes and I look forward to seeing BTS continue its role in the support of the suicide bereaved community.

Finally, to all those people who have lost someone to suicide go my heartfelt thoughts.

Tim Porter

A Welcome from the new Chair

Hello, my name is Adrian Maloney

I have recently nominated for the vacant position of Chairperson of BTS.

I would like to continue the current focus of BTS.

It is what I found comforting in my time of loss that I think we should try to provide for those unfortunate enough to join our group.

Thanks must go to Tim and Mandy for the wonderful support, care and compassion they have given over many years to those who have been bereaved through suicide.

Adrian

welcome

To Tim and Mandy Porter - A letter from a friend

Dear Tim and Mandy,

It seems like yesterday we met and began working together.

I know you will be highly embarrassed and slightly annoyed about me writing a public letter about you both, I hope you will please allow me this just this one time to acknowledge you to the BTS community.

In 2015 we started working together, although, you had already been volunteering for years before, brought together through a mutual friend and from the start I was taken by your dedication and commitment to all involved with BTS.

Always extremely busy with your work and private lives but you never let that get in the way of reaching out and helping those that were struggling to cope with the devastation of a suicide. Your empathy coming from going through your own tragedy of losing a loved one.

Mandy, like Tim said in his out-going letter, you have been such an integral part of BTS, your dedication unwavering and you hold so many positions within the group, you will be so very missed.

Your contribution always went above and beyond and there comes a time where the baton is handed over and thankfully, Adrian has graciously accepted the position of Chair.

From me, personally, thank you so much for your kindness and generosity and I will miss working with you but know I still have two beautiful friends.

Marz



GIVING BACK

These are some of my favourite quotes on volunteering and giving back.

They are a tribute to all of those who have given of their time to BTS - whilst enduring their own difficult loss and grief.

Thank you to you all xx

Collated by Mandy

"We make a living by what we get, but we make a life by what we give"

"The world is hugged by the faithful arms of volunteers!"

"The best way to find yourself is to lose yourself in the service of others."

"The smallest act of kindness is worth more than the grandest intention."

"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others."

"Life's most persistent and urgent question is, What are you doing for others?"

"The meaning of life is to find your gift. The purpose of life is to give it away"

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."

"Volunteers do not necessarily have the time; they just have the heart."

"It's easy to make a buck. It's a lot tougher to make a difference."

"The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good."

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

"At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back."

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

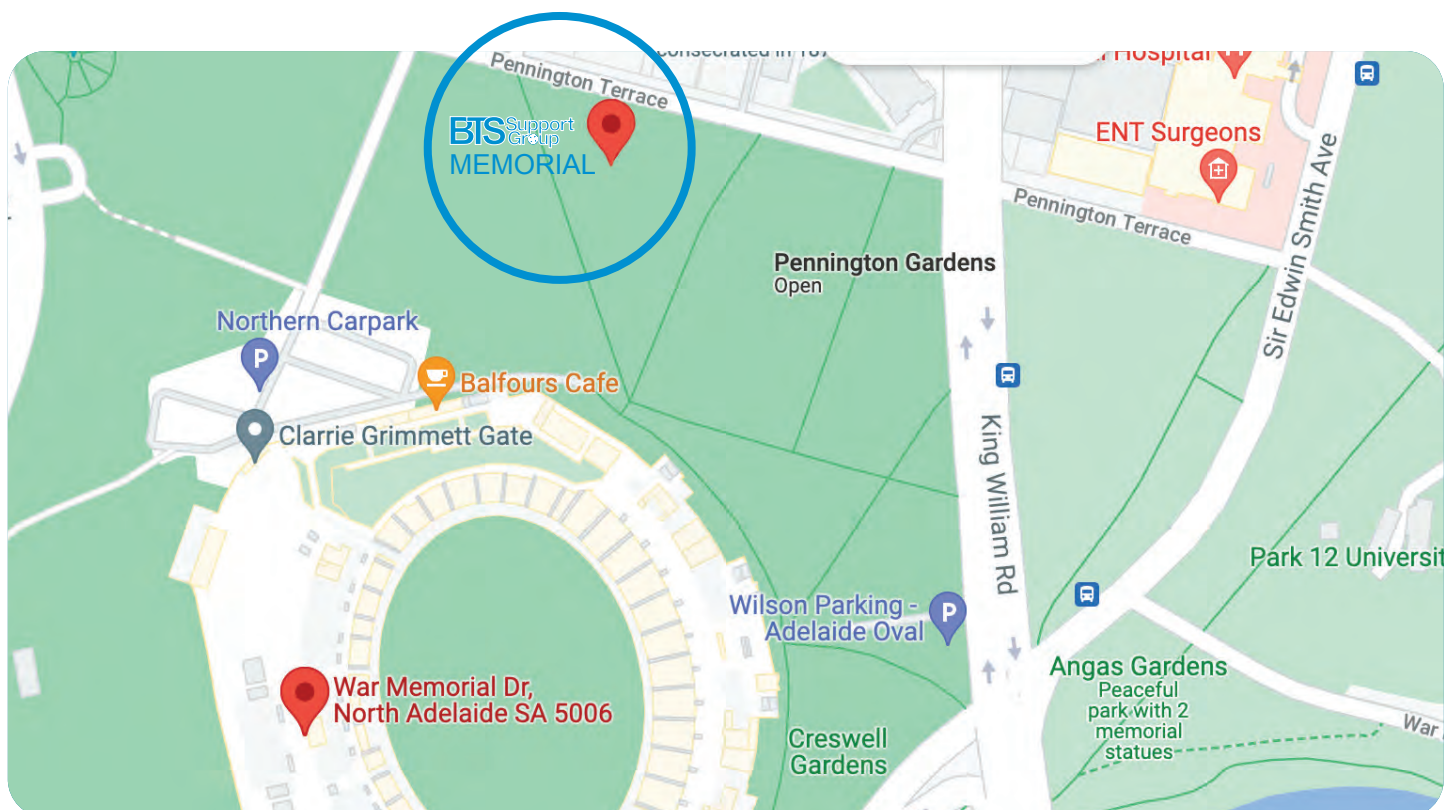
BTS MEMORIAL STONE

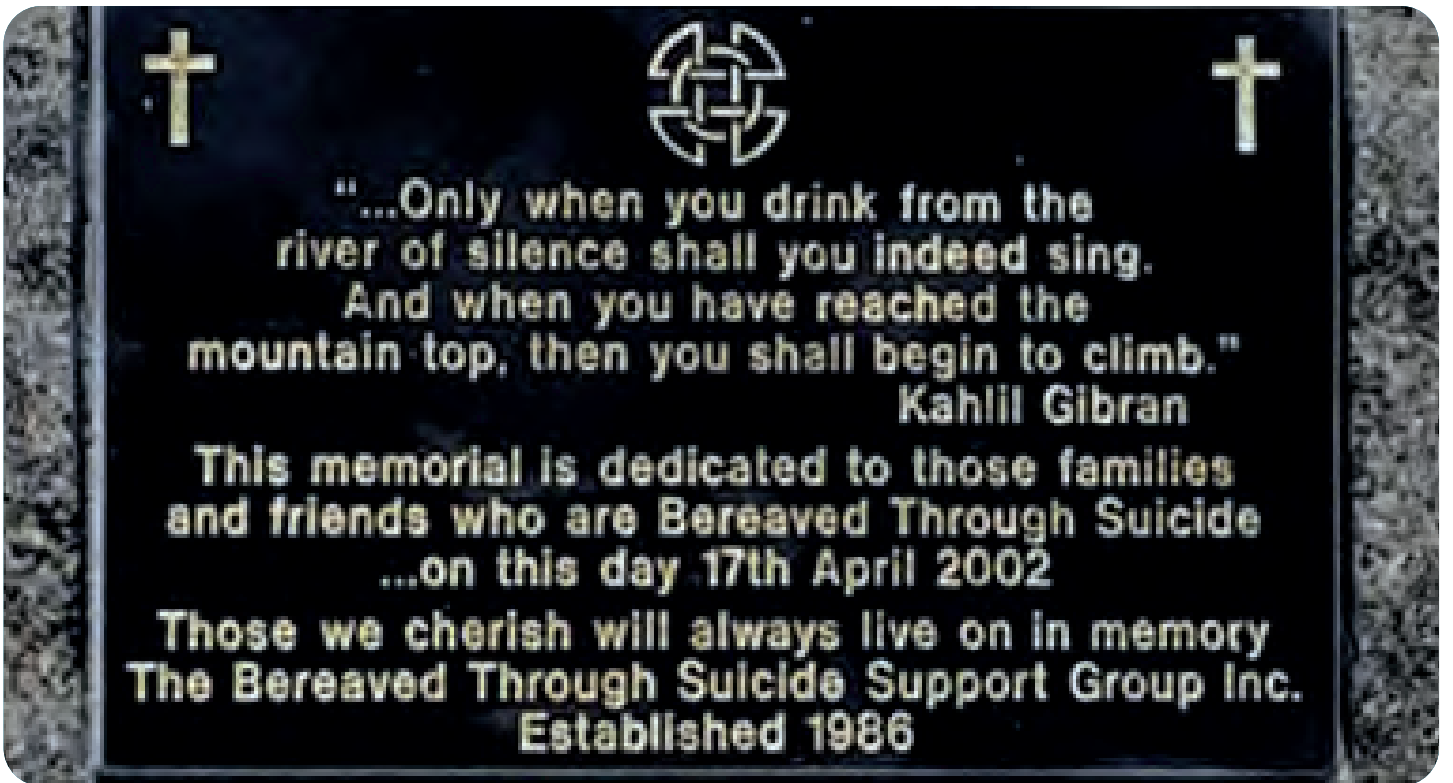
In early 2002 the suggestion of BTS having a memorial stone was mooted - On the 17th April 2002 the stone was unveiled in the Adelaide Oval precinct.

With the redevelopment of the Adelaide Oval and surrounding parklands the stone was removed in 2011 from its location and stored. Numerous discussions were held with the parkland designers re an appropriate position for the stone to be placed. At one stage it seemed that the stone may not have a home but as the re-development grew to a close it was proposed that the stone be placed in a specially designed garden bed in Pennington Gardens West. This took place in 2015 and the memorial stone was located in its new home. The garden runs from Adelaide Oval towards the Cathedral with the stone approx. 50 metres down the hill from Pennington Terrace.

The garden has grown and the stone now sits in a peaceful location near the edge of the garden, a place of relative quiet and for reflection. However, time had taken its toll on the lettering which had faded badly. It was brought to the attention of the committee by Sandi Hogben (a former Chair) and the committee agreed to the plaque being re-gilded.

Many thanks must go to Nalty Memorials, who did a tremendous job, as they created a new plaque for the same cost and removed and re-installed the memorial stone, all done within a couple of weeks. **To Nalty Memorials goes the sincere thanks of the BTS community.**





18 MESSAGES

Suicide leaves those who are touched by it with a unique kind of grief, filled with unanswered questions, stigma from those who don't understand, and sometimes immense guilt.

With more than 700,000 people dying by suicide across the world each year, survivors, (the name given to those who have lost a loved one to suicide), are plentiful.

If you've recently lost a loved one to suicide, these might be words you need to hear:

These messages were collated from others bereaved by suicide

1. "Allow yourself as long as you need to grieve. We all grieve in our own time in our own way."
2. "A person never truly gets 'over' a suicide loss. You get through it. Day by day. Sometimes it's moment by moment."
3. "Know it wasn't your fault. Know someday you may take comfort in educating people about suicide."
4. "Everyone will have a different journey."
5. "Loss from suicide is like no other loss, and there's no time limit for grieving. Allow yourself that time to process. And then talk to someone, anyone."
6. "Please reach out. Speak up. The worst thing you could do is to stay silent, like I did for so many years."
7. "If you've lost a loved one to suicide — even if you, yourself, have dealt with depression and suicidal ideation — you may often wonder why. And that's OK. Allow yourself that space."
8. "When I lost my brother to suicide, the most helpful thing for me was being part of a support group. Through that support I learned to honor my brother's life and the wonderful person he was by sharing stories."
9. "Continue to live your life, know that it's OK to smile again. Don't ever be ashamed or let anyone make you feel ashamed."
10. "Read books written by other survivors. Write."
11. "One day you'll wake up and things won't hurt as bad. You'll be able to remember the good things about your friend and not just the end. For me, that's when I knew I was finally able to move on."
12. "One thing I learned is however I decided to grieve is the right way for me. Everyone's different."
13. "Don't become a statistic yourself. Get counseling and be open to psychiatry if you need it."
14. "Be patient with yourself. One day you'll be able to celebrate the life and not focus on the method of death. Please, please, just be patient."
15. "The best piece of advice I got was, 'Once you accept that many, if not most, of your questions will never be answered, you can start to move forward.'"

16. "You will survive, and you will find purpose in the chaos. Moving on doesn't mean letting go."
17. "So far, the best thing for me has been advocating during difficult times for prevention. It helps me to focus on the positive."
18. "The 'ton of bricks' that are thrust upon your shoulders by a loved ones' suicide never goes away. But you do get stronger shoulders."



“ Grief and Christmas go together like fire and ice. When everyone around you wants to be happy and joyful, you just want to be alone with the pain, curl up and hide. It’s ok, it’s your grief, do it your way. ”



Birthdays, Mother's Day, Father's Day, Christmas, Valentine's Day, anniversaries, the day they died, the day we met ...

For the bereaved, the list of significant events that can trigger grief responses can be endless. Other losses experienced after the death of a loved one, whether they be additional bereavements, loss of possessions, relationships, employment, etc., can also be particularly strong grief triggers.

While our responses will change over time, the sorrow and pain as these anniversaries and events come and go can be draining and emotionally exhausting. The lead up to such events can often feel worse than the day itself. In the lead up to anniversaries and other significant events, the first question you need to ask yourself is: What do I need at this time? This is not a selfish question. Significant occasions can be really hard, so make sure that you tune into your own needs, as well as those around you.

This information sheet is designed to provide ideas and strategies to assist you to support yourself, or someone who is grieving, during these times.

Planning it

It is important to do some planning in the lead up to significant occasions. Planning can give you a greater sense of control, which can help to ease some of the anxiety and concern you may be feeling. Occasions such as birthdays and Christmas often come with established traditions and rituals. Some people prefer to stick with traditions they have always had, but don't be afraid to alter your traditions if you need to. Your 'normal' has inevitably changed, and you may prefer to create new traditions accordingly. If you decide to cancel your usual activities altogether, that's okay too, but make sure you plan something else to do, as too much free time may leave you feeling isolated and lonely. Share your plan with family and friends. Once you have planned how you would like the day/occasion to go, make sure you let your friends and family know that this is what you intend to do. Be honest with them and let them know that it is a difficult time for you. Often they feel unsure how to act around you, so let them know that it's okay for them to talk to you about your loved one, and that if you get upset, then that's okay too. If you are planning to attend an event or gathering, it might be useful to let the organiser know that whilst you intend to go, this may change on the day, or you may need to leave early depending on how you are feeling. This will 'let you off the hook', in that you can feel comfortable leaving if it all gets too much. Take good care of yourself. It is important to take good care of yourself physically and emotionally in the lead up to, and during, significant occasions. Eat well and listen to your body, e.g. if you are tired, make sure you get some rest. Likewise, make sure you take care of yourself emotionally. Try not to suppress your emotions, e.g. if you need to have a good cry, then do so, as you will likely feel better afterwards. On the other hand, don't be afraid to enjoy yourself if this occurs.





Happiness and sadness can co-exist, and being happy is not disrespectful to the memory of your loved one. You may also choose to avoid people at this time, particularly those who are unable to understand your experience of loss.

Below are a variety of ideas that may help you to better navigate significant events.

Beforehand

- Look at your diary and make a note of events and milestones that may be difficult for you. Start to think about what you can do during these times to look after yourself.
- Consider arranging to be with someone who understands during these times.
- Decide how you want to spend the day, and let friends and family know so they can better support you.
- Think about how to answer certain greetings in advance. For example, when someone wishes you a 'happy holidays', you may respond with 'thank you', 'I'll do my best', or 'best wishes to you too'.
- Keep a journal in the lead up to, and after, the significant occasion. Make note of things that were particularly difficult so that you can better navigate them next time.

On the day

- Free yourself from the expectations of yourself and others, and give yourself permission to not be okay.
- You might like to come up with some small rituals to honour and acknowledge your loss, e.g. writing a letter to your loved one, visiting a landmark, or arranging to meet up with friends and family.
- Express your feelings through a creative outlet, e.g. painting, art and craft, writing, dancing.
- Talk to other people about your memories of your loved one and ask them about theirs.
- Do something you wouldn't normally do in memory of them, e.g. make a donation in their name, plant a memorial tree, sign up for a class in something you've always wanted to do, or volunteer to help a charity.
- Do something that makes you feel good. It may be as simple as reading your favourite magazine, going for a walk, listening to music, getting a massage or enjoying a good cup of coffee.

THE WEIGHT OF GUILT...

One question that I have been asked by many bereaved is, "When will the guilt end?" I see the desperation in their eyes, and remember the overwhelming weight that I carried on my own shoulders following the loss of my father. We question what we could have done differently to prevent the tragic outcome that has become our reality.

I have spent a great deal of time thinking about the element of guilt. I have written many posts on the topic, because I believe the magnitude of our guilt often prevents us from grieving the loss of the loved one we lost to suicide. While I cannot speak for others, I can share my own thoughts in hopes that it resonates with someone else that may be struggling to release their own guilt.

I have learned a lot about guilt in the years following the loss of my father. I think the biggest lesson and the one that brought me my own peace is acknowledging that guilt cannot be taken away from us. It must be RELEASED by us. It is up to us to let go, and forgive not only our loved one, but ourselves. Why do we hold on to our guilt? I held on tightly to my own guilt, not allowing anyone's words of encouragement to break through. "There is nothing you could have done," I was told. "It was his choice, not yours." I heard it, but I didn't believe it. This is difficult for those who have not experienced a loss by suicide to understand. To others it seems so clear; it was their actions, not yours. Others do not understand why we can't just "let it go." Here is why. Because, letting go of our guilt often feels like we are letting go of the person we lost. How can you let go of someone whose life ended so tragically? It just doesn't seem right. How can you move forward knowing that your loved one was in so much pain, that death appeared to be the only option. This belief is what impacted my own ability to release the guilt.

I truly believe that we have to release our own guilt. Nobody could convince me that nothing I could have done would have prevented his death. I had to convince myself. That is how I released my own guilt.

I had to acknowledge that letting go of the guilt did not mean that I was letting go of my dad. While I have let go of the guilt, I still continue to hold on tightly to my dad. I always will. I have forgiven myself for not preventing his death, by acknowledging that more "I love yous," more phone calls, more visits; etc. would not have prevented his death. Why? Because just like nobody else could take away my guilt, I could not have taken away his pain.

I like to think that I have redirected my guilt. I am open and honest when someone asks how my dad died. Unfortunately suicide carries a stigma. What others do not understand is that we, the survivors, are the ones that feel the weight of that stigma. The stigma often prevents us from releasing our guilt. I talk to help end the stigma. I know that my father did not choose to die that day. He chose the only option that he felt would take away his pain. I know this now.

As I do not want anyone else to suffer a loss like mine, I continue to talk about the signs of suicide. Did my Dad elicit anyone of these warning signs? Yes, he did. Do I feel guilty that I did not pick up on them? No. I did the best I could with the information I had at the time. The true signs of his unhappiness evolved many years prior to his death.

I am more aware of the emotions and behaviors as a result of my father's death. While it won't bring my father back, it may save the life of another.

By Jessica Hutchison



LETTERS FROM THE HEART

Following is a selection of some of the truly heartfelt letters that have been received at BTS during my tenure as Chair. Thank you to everyone.

Travel safely and be kind to yourselves.

Tim Porter

From a parent

Dear Tim

I receive you newsletters and have been since May 2013, Although they made me cry to start with it made me aware that there are so many other people out there whose lives have been affected by suicide, I lost my only son to suicide on Christmas Eve 2012, 3 days after his 19th birthday, This loss was only to be followed by the trauma of being too scared to be in my own home alone, the visions and flashbacks that still haunt me to this day,

Fortunately after several moves that part of my life is settled and I am able to finally sit back in my grief without the added stresses of where to live or selling and moving houses.

Packing up a loved one's belongings, who would have thought it would be so hard that you would wish that you could join them, what to keep, what you can throw away without feeling guilty, Nothing prepares you for this, Over two years and 3 moves and I still have his favourite clothes and all his books and belongings, how can you throw away such things that keep so many memories for you.

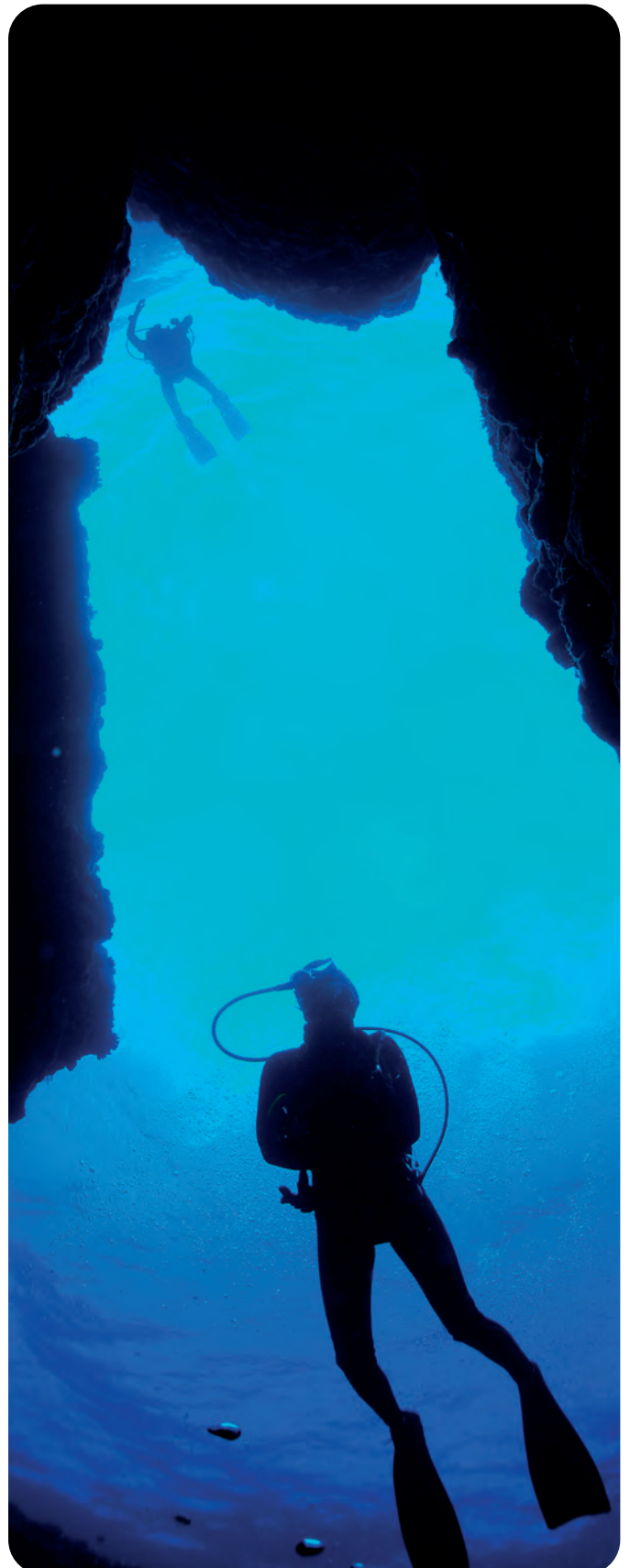
Fortunately for me I have a very supportive partner now who has a son the same age as my son and together we get through each day together. I now realise that I am needed in this life to preserve the memory of my son and to ensure his life has not been in vain much as we do for our Anzacs last week, I guess I figured at the time that I have lost more than other families as I lost my son, my best mate, my house mate and my scuba diving buddy and fishing buddy. Take this away and all I had left was work, I now realise how much the loss through suicide affects others' lives and no one is exempt.

Dion was a bright, intelligent young man attending university, working at McDonalds, learning ballroom dancing and entering competitions and an avid scuba diver with nearly 250 dives under his belt over 100 of them together as a father and son team, just a normal teenager with the world ahead of him.

Thank you for reading my letter, I was wondering if you could mention My Beautiful Boy in your newsletter although it will make me cry I can only hope that it brings a tear to everyone who sees it as it does to me when I read other bereaved tributes on your page, Keep up the good work you do and I hope that in the near future that I will be in a position to attend one of your meetings and say thanks in person,

Warmest Regards

(Name withheld)



LETTERS FROM THE HEART

From a mother

I attended your meeting a couple of months ago with our son. It was an amazing meeting with an overwhelming sense of support and openness... I found the meeting structure was very suitable for an incredible group of people brought together in terrible circumstances...

I'm so pleased I supported my son, in attending that night. I think it was a huge step for him. I hope he keeps going and links in with Tim... Could I please be put on your newsletter mailing list? And I think I would attend a meeting that was in the gardens like I saw earlier this year.

Thank you so very much for your voluntary work... I would love to help, one day.

signed

MOTHER OF SON - left this physical earth 4 years ago, October. His spirit is still here..

Much love. And blessings to you both

(Name withheld)



From a wife

Hi BTS team, great newsletter, thank you. Particularly the info/link on PTSD which I think is crucial to some who've experienced loss to suicide. Well done for including this. I lost my husband of 14 yrs, 15 yrs ago & throughout that 15yrs experienced PTSD symptoms but couldn't recognise what they were unfortunately to the point of nearly taking my own life & that of our young daughter's approx. 2 to 3 yrs after our loss.

Wouldn't have made it this far without the support of the Group back then, a local Hills Suicide Group, Counsellors/Psychologists etc. Biggest issue for me at the time was getting 'baby sitting' help for my child whilst I sought help for myself but really like seeing that some groups now even help out with that for parents with kids of the bereaved.

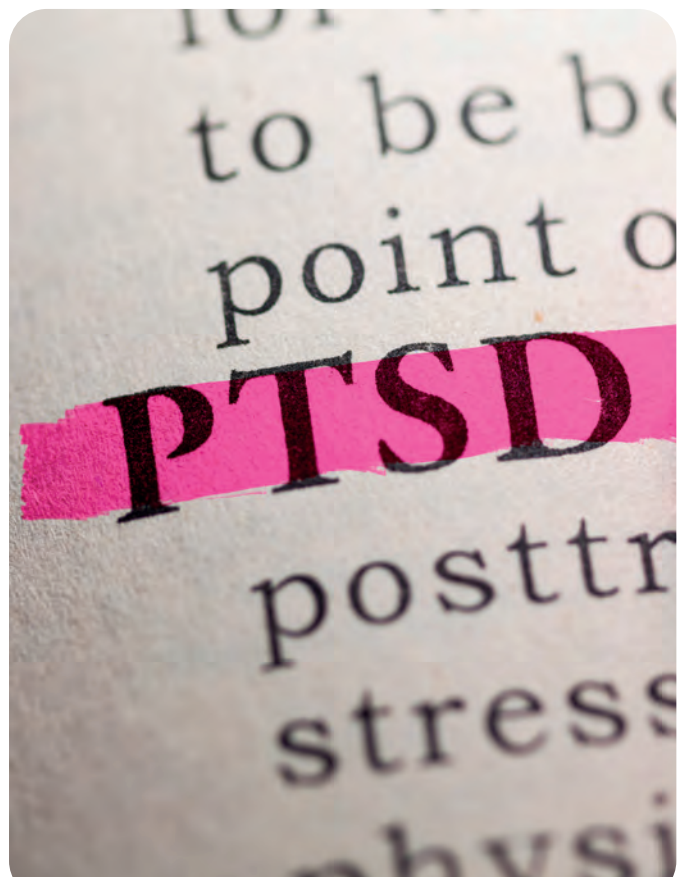
Those with kids really need to get support because if they can't 'help themselves then they can't help their kids'. My daughter was also lucky enough to be included in a Star Bear Camp which she hated at the time but has made lasting friends from that group.

Great program that. Still have my moments like we all do but life is mainly pretty good these days. Big well done to you all. ☺ Thanks for sharing & healing blessings to those who've walked the path & those who are about to take it.

Note: Star Bears and Star bound camps can be found at

<https://anglicaresa.com.au/young-people/loss-grief/loss-grief-camps/>

(Name withheld)



Her story

I felt very 'isolated' for a long while whilst living on a property in the Adelaide hills. Unfortunately after the funeral, some family/ friends stayed away because they weren't sure how to deal with it or help me. I'm grateful I sought help - even though it was a huge struggle in the early days. Nothing seemed to bring relief; nothing or anyone's advice seemed to soothe my soul. I didn't think I could live without my husband, didn't think I could go on & there was many a time I just wanted to end it all.

So many days spent sleeping. The intensity of my grief was such that I couldn't feed my own child for days, couldn't drive the car to get out to buy food, pay bills etc, you know how it goes. I didn't think my daughter could live without her Dad, but she has, the kids do it tough, they live with it the longest. She was not quite 3 when he took his life away from her. She's had to live with her own memories of the day, Police, Ambulance on the property, neighbours, friends & family gathering on the day & for days after. Watching & living with a mother in crisis, angry, sad, confused, no energy, not wanting to go out, be with others & the other great gamut of behaviours & emotions that accompany grief.

The best thing I gave her though was 'routine'. She responded well to routine. I have and still do, at times, deal with time after the loss, one second, hour, half day, day at a time. Tough as hell but thank the Universe I had the inclination/strength to seek help/counsel. Found it soothing to be around others who'd been thrown into the same situation. As far as house work went, I went from being a perfectionist to a slob!!! Someone put me onto 'get up, go put 6 dishes away off the dish rack/dish wash' then go & sit back down.

That's how I did it, I'd do things round the house by the 'Six' method, put 6 toys away, hang out 6 pieces of washing, bring 6 pieces in,

I cooked 2 minute noodles for weeks!!! I wrote journals for years which included my deepest darkest thoughts/moods etc. I read back on them now & sometimes scare myself!

Can't believe it was me who actually went through that living hell. It takes time for life to slowly sort itself out, to come to grips with the reality of life without your loved one. I've lost good friends but gathered others along the way. I've lost contact with some family members but now have others I hadn't always been that close to. One does survive, you're never the same person but there is hope, you do smile again & the 'twist and ache' you feel in your heart, mind & gut, slowly unravels.

Slowly, in your own time, you come to realise, you're not to blame, it was their (deceased) in-ability to seek support, and what we would've given to be able to do that hey! Anyway, of course, I'm honoured to be able to share any of my experience with those who unfortunately find themselves in a similar position, with the hope of course, it too gives them some hope. My wish for those who are on this soul destroying path is that they find peace of mind and peace of heart soon, that they find wellness, peace, ease and happiness once again in their own time and hopefully with a great deal of support. If anyone had told me 15 yrs ago it would take years to finally feel some peace again, I'm not sure I could've handled it, as one counsellor said 'how long's a piece of string'. It simply is a 'lifetime' of living with it really.

I'm sorry I've written you an essay but feel free to extract any bits of this email which you feel may give those you help any hope. Again, blessings to all involved, especially you and the team who do so much thankless work to help others along their way.

Warm regards,

(Name withheld)



As I sit in heaven

As I sit in heaven,
And watch you every day,
I try to let you know the signs,
that I never went away,
I hear you when you're laughing,
And watch you as you sleep,
I even place my arms around you,
Try to calm you as you weep,
I see you wish the days away,
Begging to have me home,
So I try to send you signs,
So you know you're not alone,
Don't feel guilty that you have,
Life that was denied for me,
Heaven is truly beautiful,
Just you wait and see,
So live your life, laugh again,
Enjoy yourself, be free,
Then I know with every
breath you take,
You'll be taking one for me!

Author Unknown

Where do they go to?

Where do they go to, the people who leave?
Are they around us,
in the cool evening breeze?
Do they still hear us, and watch us each day?
I'd like you to think of them with us that way.
Where do they go to, when no longer here?
I think that they stay with us, calming our fear
Loving us always, holding our hands
Walking beside us, on grass or on sand.
Where do they go to, well it's my belief
They watch us and help us
to cope with our grief
They comfort and stay with us,
through each of our days
Guiding us always through life's mortal maze.

KevF - 21st August 2007



**I had my own notion of grief.
I thought it was the sad time.**

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
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 definition of self.

Gwen Flowers

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
Standby Response SA		1300 727 247
Silent Ripples	Murray Bridge	0417 741 888

Thank you

A big thank you to Uniting Communities “Ucity” for providing the facilities to hold our support meetings.