

## Coping with your loss

No two people grieve or deal with loss in the exact same way, so discovering what helps and comforts you is an important part of the grieving process.

Activities which may help and comfort you include:

- Talking to family and friends who are willing to listen.
- Lighting a candle of remembrance, listening to your favourite music, meditating or writing about your loved one.
- Engaging in outdoor activities, like bushwalking.
- Meeting with other people who understand what you're going through based on their own personal experience of loss.

It especially important that you give yourself time and space to grieve. There is no prescribed time for how long this process should take, but the feeling of being stuck forever in grief will begin to ease.

Members of our Suicide Bereavement Group have told us that in time, the rawness of their loss began to turn into memories of happier times with their loved ones.

## Comments about our group

*"The group is the only place I can talk freely about my daughter. Usually when I mention her, most people quickly change the subject."*

*"It's good to be with people who've gone through a similar experience. You know that they understand."*

*"You don't have to explain yourself to others in the group... They understand how you feel."*

//

**Death leaves a heartache no one can heal,  
love leaves a memory no one can steal.** //

*From an Irish headstone*

## Find out more...

For more information about our Suicide Bereavement Group, contact Lifeline Tasmania by phone or by email:

**0400 183 490**

**[info.south@lifelinetasmania.org.au](mailto:info.south@lifelinetasmania.org.au)**

A vertical photograph of wheat stalks in the foreground, with a bright, hazy sunset or sunrise in the background. The light is warm and golden, creating a soft glow. The wheat stalks are dark and silhouetted against the bright light.

**Suicide  
Bereavement  
Group**

## About the Suicide Bereavement Group

### *Who is the group for?*

Our Suicide Bereavement Group provides anyone who has experienced the loss of someone through suicide, with the opportunity to share, listen and give mutual support.

### *How will it help me?*

Following the sudden and traumatic suicide of someone close to them, people experience a wide range of emotions including sadness, anger, guilt, fear, relief, confusion, rejection and isolation. By connecting with others who have gone through a similar experience, you will come to understand and deal with these feelings.

### *How often do you meet?*

We meet every first and third Tuesday of the month, between 5:30pm and 7:30pm.

### *How do I get involved?*

We recommend that you speak to one of our Group Facilitators first, so that we can answer any questions and determine if this is going to be the best approach for you.

### *Are there any costs?*

No. The group is supported by Lifeline Tasmania and is offered as a free service to those affected by the death of someone through suicide.

### *How soon after the death should I attend?*

Some people find it helpful to talk to others soon after the death, while others may not be ready for months or even years. It is important that you attend when you feel comfortable doing so.

### *Is the group suitable for children?*

The group is recommended only for people over 18 years of age. Ask one of our Group Facilitators if you have children or teenagers who would benefit from support services of their own.

### *What happens at a group meeting?*

We start most meetings with a discussion on a relevant topic, before inviting participants to share their personal experiences. Our meetings end with tea and coffee and the chance to connect with others on your terms.

### *Who runs the group?*

All of our meetings are run by qualified and experienced facilitators under the professional supervision of Lifeline Tasmania.



### **You may be thinking...**

Why me? Why my family?  
I should have seen it coming. Why didn't I?  
If only I'd phoned him that day.  
How can I cope? Will it ever get better?



### **I feel...**

Different now. Isolated and lonely.  
I don't fit in with my friends anymore.  
No one really understands.  
Angry that people expect me to 'get over it'.

### **I wish...**

It would all go away.  
I could turn back the clock.