

Support Following Suicide is a **free service** available to the members of the community who may have been affected by suicide.

Every suicide affects many people—family members, friends, peers. Co-workers, team mates and the whole of community.

Support Following Suicide can connect you, your family, your club, your school or your workplace with services offering;

- Counselling
- Practical support
- Support programs

Support following suicide operates in the Great South Coast region;



### It's never too late to seek help.

Grief is a journey—it's okay to acknowledge you may be needing support whether it is months, years or even decades after your loss

# Support following Suicide

## Have you been affected by suicide?

## We can connect you with support in your community.

### Contact us on (03) 5559 0555

### Monday-Friday 9am-5pm



## Who are we?

Fight for Your Life - The Great South Coast Suicide Prevention Strategy (FFYL) was initiated in 2013 in response to the need to address the national emergency of suicide at a local level.

### Our Five big goals

#### The community

The whole community knows what to do if someone is at risk or who has attempted or lost someone to suicide

#### People who have attempted suicide

Every person who has attempted suicide will receive immediate and longer term support

#### Carers

All carers feel supported and safe and can access information and professional help

#### People who are bereaved by suicide

All people bereaved by suicide will be connected to others who have lost someone to suicide and feel supported by the whole community

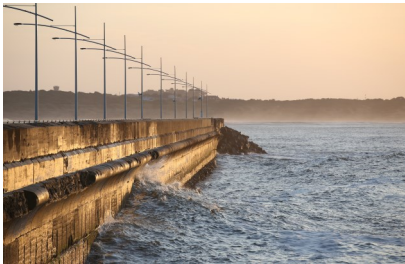
#### People at risk of suicide

Every person at risk knows where to go for help and appropriate help is available

# Talk about it

It is important to be able to talk to someone about suicidal feelings. The person with thoughts of suicide is struggling with a lot of stressors and they are focussed on the past and the problems they feel they cannot solve. The person feels isolated, alone and is struggling for a solution to the situation they are in.

They do not want to feel this way but don't know how to ask for help for lots of reasons. Asking a person if they have thoughts of suicide will not make them feel that way, it gives the person permission to talk about it.



Often it is a great relief to be able to talk about it and the struggles they are experiencing. It may be the first time they are able to share their story and it helps to shift their focus from the past to the present. For many people it makes the situation real and helps them to come to the conclusion that they do not want to die.

**“There is no shame in admitting  
you're struggling”**

# Get Help

There is always help, always. There are resources all around you, you don't have to try to manage on your own.



The Fight For Your Life website for the Great South Coast and aims to provide a safe and engaging space to raise community awareness about suicide prevention and provide evidence based information.

The website will offer access to range of self help online programs, local service information.

FFYL Website



[www.fightforyourlife.com.au](http://www.fightforyourlife.com.au)

There are a large number of services across the great south coast that are available for people in need. The FFYL website a one stop shop where you will be able to access information on the local services available for yourself, where to refer others and details of service providers which includes a description of the service, hours of operation, when and where you will be seen and practical information on what you can expect.



# Handling Loss

A death by suicide is devastating. Not only for those who suffer, are injured and die from it, but also for their family, friends and others. It can affect whole communities. You do not need to cope with the grief and loss on your own. It is important that you receive the help and support that is needed. There are counselling and support services available to help a person that has experienced this loss, your school, your workplace, your club or your community.