



SUPPORT AFTER SUICIDE

SUICIDE BEREAVEMENT
SUPPORT PROGRAM



SUPPORTED BY



Lifeline
MID COAST

What is Support After Suicide?

Support After Suicide provides a safe, confidential, and non-judgemental space to connect with others who understand the impact of losing someone to suicide.

We welcome and respect the full range of emotions that may arise from your experience.

This is an open group, so you can attend as often as feels right for you. Sessions are shaped by the needs of those attending, meeting each person where they are. We also share information about suicide grief and explore strategies that may support healthy coping.

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It helps to listen to others going through the same thing. I don't feel like I am the only one and I feel understood here.

- Group Participant -

Join our program.

Our Support After Suicide Bereavement Group meets in person on the last Wednesday of each month at 6pm, with an online option on the second Wednesday of each month at 6pm.

Please reach out to Lifeline Mid Coast for more info:



02 6581 2800



lifelinemidcoast.org.au

For more information email admin@lifelinemidcoast.org.au