

# Shoalhaven Suicide Prevention & Awareness Network



## Resources for supporting children and adolescents bereaved by suicide

SSPAN has gathered the following information to help support children and young people who have been affected by suicide. This is not an exhaustive list of all websites and resources available, but a good starting point. Children do express their grief differently to adults. It can be tough as a parent or carer to support your child after a death by suicide. The following information should help you to do so.

It is really important that you look after yourself and surround yourself with some extra support so that you do not have to go through this alone. If you need extra support, please call Lifeline on 13 11 14.

### Australian Websites (alphabetical order):

- **Australian Centre for Grief and Bereavement** [www.grief.org.au](http://www.grief.org.au)  
Resources on grief and bereavement and supporting children and adolescents.
- **Beyond Blue** [www.beyondblue.org.au/the-facts](http://www.beyondblue.org.au/the-facts)  
Information on suicide and grief.
- **Headspace** <https://headspace.org.au/resource-library/category/resources-for-family>  
Factsheets and resources on grief in young people.
- **Kids Helpline** [www.kidshelpline.com.au/parents](http://www.kidshelpline.com.au/parents)  
Information and resources on mental health in young people aged 5 to 25.
- **Lifeline** [www.lifeline.org.au/get-help](http://www.lifeline.org.au/get-help)  
Factsheets and information on suicide bereavement and grief.
- **National Association for Loss and Grief Inc** [www.nalag.org.au](http://www.nalag.org.au)  
Factsheets on all types of grief and bereavement, some specific to children.
- **ReachOut** [www.reachout.com](http://www.reachout.com)  
Helping parents support teenagers. Resources on grief in young people.
- **Suicide Call Back Service** [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
Resources and factsheet for anyone bereaved by suicide including information for parents.
- **Support After Suicide** [www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)  
Resources on grief and bereavement and supporting children and adolescents.
- **The National Centre for Childhood Grief** [www.childhoodgrief.org.au](http://www.childhoodgrief.org.au)  
Links to useful books and resources to support children experiencing grief.
- **Wings of Hope Association Australia** [www.wingsofhope.org.au](http://www.wingsofhope.org.au)  
Provides links to suicide bereavement information, books and support groups.

Telephone and Online services may be useful for people who have been bereaved by suicide or when supporting a child or adolescent who has been bereaved by suicide.

Again, this is not an exhaustive list of all resources available, but a good starting point.

Remember, if you need extra support, please call Lifeline on 13 11 14.

### Phone and/or online services (alphabetical order):

- **eheadspace** | 1800 650 890  
Online chat also available [www.eheadspace.org.au](http://www.eheadspace.org.au)  
eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional
- **Griefline** | 1300 845 745 (from landlines only) or 03 9935 7400 | Midday to 3am (AEST), 7 days a week  
Online counselling also available [www.griefline.org.au/online-counselling-service](http://www.griefline.org.au/online-counselling-service)  
Anonymous loss and grief support and specialist counselling services to individuals and families. All calls are confidential and are free.
- **Kids Helpline** | 1800 55 1800 | 24 hours a day, 7 days a week  
Online crisis support chat [www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
Anytime, any reason - free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
- **Lifeline** | 13 11 14 | 24 hours a day, 7 days a week  
Online crisis support chat [www.lifeline.org.au/get-help/online-services/crisis-chat](http://www.lifeline.org.au/get-help/online-services/crisis-chat)  
Provides crisis support for individuals or for those worried about someone else. All calls are anonymous and free.
- **Parentline NSW** | 1300 1300 52 | 9am – 9pm weekdays, 4pm – 9pm weekends  
Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales
- **Suicide Call Back Service** | 1300 659 467 | 24 hours a day, 7 days a week  
Online counselling also available [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
Provides support for people affected by suicide. Eligible callers can receive up to six 50-minute counselling sessions with a professional counsellor.

### International Websites:

- **The American Foundation for Suicide Prevention** <https://afsp.org/>  
The American Foundation for Suicide Prevention have developed the following useful resources – please note that the contact details (phone numbers etc) are NOT relevant to Australia.  
<https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/>  
<https://www.ipfw.edu/dotAsset/6cc30b55-4cc1-4da2-b227-abc0e9ad355.pdf>

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