



Lifeline

Harbour to Hawkesbury
Sydney

Suicide Bereavement

The Suicide Bereavement Support Group is open to adults who have experienced the loss of a loved one through suicide.

The group provides a safe and confidential environment for people to share their experiences and support each other.

Come along and allow yourself to be supported by others who understand.

We will share together many topics, including the pain of grief and loss by suicide, trauma and mixed emotions, coping strategies and ways of looking after your own health and well-being.



Suicide Bereavement

– feel free and supported to talk

Lifeline H2HS runs two different Support Groups throughout the year:

- **An 8-week, structured Suicide Bereavement Program**
- **A monthly open support group on the first Thursday of each month**

Both groups are run by trained, experienced and accredited personal counsellors.

- **No cost**
- **Pre-registration is essential**

Individual counselling sessions are also available.

For support in a crisis, call 13 11 14, text 0477 13 11 14 or chat at lifeline.org.au/crisis-chat. If life is in danger, call 000.

For enquiries:

call **(02) 8287 1126** or email **appointments@lifelineh2h.org.au**

