



# RESOURCE BOOKLETS for Kinship Carers

Assistance for those  
coping with suicide

2025



GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: [admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)

[www.grandparentsvictoria.org.au](http://www.grandparentsvictoria.org.au)

[www.kinshipcarersvictoria.org](http://www.kinshipcarersvictoria.org)

Key words which influence GPV/KCV approaches are: Truthfulness, Confidentiality, Inclusiveness, Integrity, Constancy, Gratitude, Commitment, Compassion

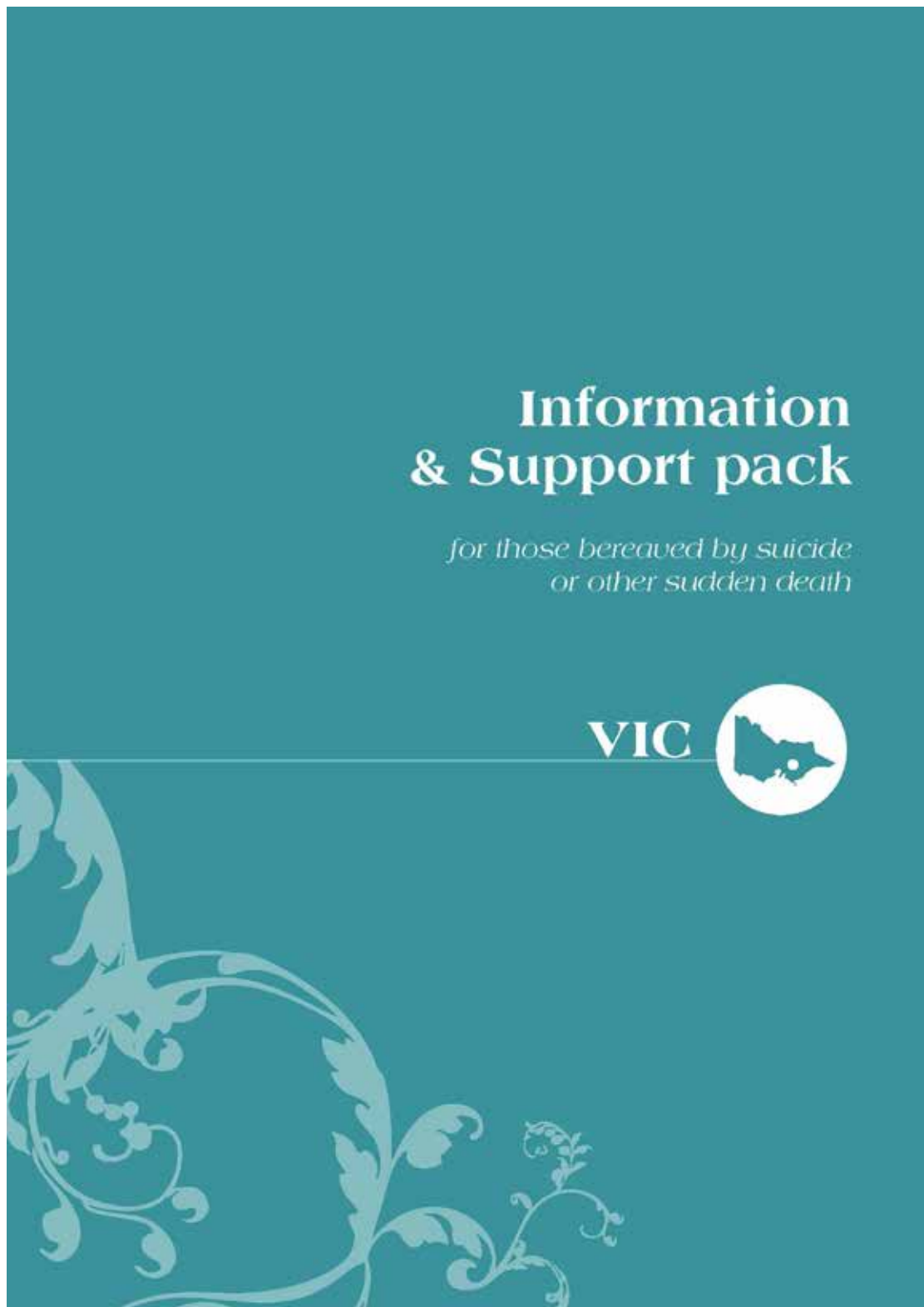
Kinship Carers Victoria  
acknowledges the support of the  
Victorian Government.



# Contents

Information and Support Pack for those bereaved by suicide of sudden death (Vic) .....	4
<b>Suicide Prevention and Counselling .....</b>	<b>5</b>
Lifeline.....	5
Beyond Blue.....	5
Be You .....	6
Black Dog Institute.....	6
SuicideLine Victoria.....	7
Suicide Call Back Service .....	7
13YARN.....	8
Yarning Safe'n'Strong .....	8
Thirrili .....	9
Gayaa Dhuwi .....	9
South East Suicide Prevention Network .....	10
In Tough Times Text.....	10
Kids Helpline.....	11
Headspace .....	11
Orygen.....	12
HALT .....	12
Partners in Wellbeing.....	13
Wellways .....	13
Open Arms.....	14
SHARC.....	14
Switchboard .....	15
Rainbow Door .....	15
Charlee .....	16
<b>Suicide Bereavement .....</b>	<b>17</b>
Jesuit Social Services.....	17
Griefline .....	17
StandBy .....	18
SANE .....	18
The Compassionate Friends Victoria .....	19
Grief Australia .....	19
<b>Organisation website addresses.....</b>	<b>20</b>

## Information & Support Pack: for those bereaved by suicide or other sudden death (VIC)



<https://postventionaustralia.org/wp-content/uploads/2018/05/Bereaved-by-Suicide-Other-Sudden-Death-VIC.pdf>

# Suicide Prevention & Counselling



## Lifeline

<https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/>

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

## Call 13 11 14 for 24/7 crisis support

### What services are available?

- Short-term support for people who are feeling overwhelmed or having difficulty coping or staying safe
- Confidential one-to-one support with a trained Lifeline telephone crisis supporter



## Beyond Blue

<https://www.beyondblue.org.au/the-facts/suicide-prevention>

Beyond Blue provides information to people at risk of suicide or who have attempted to take their life. Beyond Blue also provides support options and gives practical advice for people worried about someone they think might be suicidal on how to help. Also available is a suicide safety planning app to help you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis.

## Call 1300 224 636

### What services are available?

Beyond Blue provides information on suicide for people:

- feeling suicidal
- worried about someone suicidal
- who have attempted suicide
- grieving a suicide death



## Be You

<https://beyou.edu.au/resources/suicide-prevention-and-response>

Be You is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace. Be You is for all educators and learning communities who work with children and young people in early learning, primary and secondary school settings across Australia.

**Contact Be You: <https://beyou.edu.au/contact>**

### What services are available?

Be You supports educators in the following ways:

- Free professional learning
- Access to tools and resources
- Preparation for critical incidents



**Black Dog  
Institute**

## BETTER : MENTAL HEALTH

### Black Dog Institute

<https://www.blackdoginstitute.org.au/resources-support/suicide/>

Reference site with advice on recognising the warning signs for people thinking about ending their life.

**Call (02) 9382 2991**

### What services are available?

- The Black Dog Institute is not a crisis centre and cannot provide crisis support. The site includes information for those having suicide thoughts or helping others who may be having them
- Includes information on workplace programs and services and support groups



## SuicideLine Victoria

<https://suicideline.org.au/>

SuicideLine Victoria is a 24/7 telehealth service that offers free professional phone and online counselling for people living in Victoria

**Call 1300 651 251 for 24/7 support**

Online counselling:

<https://suicideline.org.au/phone-and-online-counselling/>

### What services are available?

- SuicideLine Victoria offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.



## Suicide Call Back Service

<https://www.suicidecallbackservice.org.au/>

Suicide Call Back Service is a free nationwide service providing 24/7 telephone and online counselling to people affected by suicide.

**Call 1300 659 467 for 24/7 support**

Online counselling:

[www.suicidecallbackservice.org.au/phone-and-online-counselling/](http://www.suicidecallbackservice.org.au/phone-and-online-counselling/)

### What services are available?

- Suicide Call Back Service offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.



## 13YARN

<https://www.13yarn.org.au/>

Thirteen YARN is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Important: Visitors are advised that this website may contain images, videos and voices of First Nations people who have passed away.

## Call 13YARN (13 92 76) for 24/7 support

### What services are available?

- Free and confidential service available 24/7 from any mobile or pay phone
- Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporters to yarn to



## Yarning Safe'n'strong

<https://www.13yarn.org.au/>

Victorian Aboriginal Health Service have established a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing.

## Call 1800 959 563, 24 hours/7 days a week

### What services are available?

- Social and Emotional wellbeing
- Financial wellbeing
- Medical support including COVID-19 testing
- Drug and alcohol counselling and rehab services





# THIRRILI

## Thirrili - Indigenous Suicide Postvention Service

<https://thirrili.com.au/>

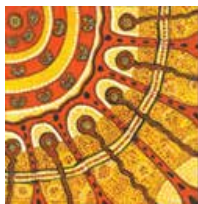
Thirrili provide emotional and practical support to Aboriginal and Torres Strait Islander families and communities impacted by a loss from suicide or other fatal traumatic incidents.

**Call 1800 805 801 for after suicide support 24/7**

Email: [communications@thirrili.com.au](mailto:communications@thirrili.com.au)

### What services are available?

- Postvention response service
- Community capacity building



## Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

## Gayaa Dhuwi (Proud Spirit) Australia

<https://www.gayaadhuwi.org.au/if-you-need-help/>

Gayaa Dhuwi (Proud Spirit) Australia is the new national Aboriginal and Torres Strait Islander (Indigenous) social and emotional wellbeing, mental health and suicide prevention leadership body. It is governed and controlled by Indigenous experts and peak bodies working in these areas, promoting collective excellence in mental health care.

**Phone (02) 5134 2100**

### What services are available?

- A comprehensive list of Indigenous social and emotional wellbeing, mental health and suicide prevention information, policies and data links
- Upon notification of a loss of an Aboriginal and Torres Strait Islander person to suicide or other traumatic incident, the NIPS is able to provide immediate support to affected families. 1800 805 801

Warning: Aboriginal and Torres Strait Islander peoples should be aware that this website may contain images, voices and names of people who have since passed away.



## **South East Suicide Prevention Network**

<https://connecthealth.org.au/programs-activities/south-east-suicide-prevention-network/>

In partnership with Wesley Mission's LifeForce, Headspace and the local communities, the South East Suicide Prevention Network is now up and running. Co-chaired by two community members Vivienne Blennerhasset and Kirstie Edwards; with representatives from Connect Health & Community and Headspace, the network aims to provide local support to suicide prevention activities. The South East Suicide Prevention Network meets bi-monthly and is open to all members of the community with meetings held in the Glen Eira and Bayside areas.

**Contact [sesuicideprevention@gmail.com](mailto:sesuicideprevention@gmail.com)  
or on (03) 9575 5333 8.30am–5pm M–F**

Facebook: <https://www.facebook.com/profile.php?id=100064478605408&ref=bookmarks>



## **In Tough Times Text**

<https://intoughtimestext.org/>

**An initiative of the Australian Suicide Prevention Foundation**

Does someone you know have suicidal thoughts?

We suggest you send regular texts OR start a WhatsApp Group of supportive people using our suggested texts.

This site contains tools for you to help if you don't know how.



## Kids Helpline

<https://kidshelpline.com.au/>

Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.

**Call 1800 551 800 for 24/7 support**

### What services are available?

- Phone counselling
- Online counselling
- Email counselling



## Headspace

<https://headspace.org.au/>

Headspace supports young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, Headspace works with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

**Call 1800 650 890 for 24/7 support**

### What services are available?

- Centres located throughout Australia staffed with people trained and ready to help
- Online and phone support
- Work and study support
- Support for professionals and educators



## Orygen

[www.orygen.org.au](http://www.orygen.org.au)

Resources for involving young people with lived and living experience of suicide. Orygen's programs address gaps in youth mental health services, embrace mental health, alcohol and other drugs, primary care and educational services.

**Call 03 9966 9100 for support, 9am to 5pm**

### What services are available?

- Webinar #chatsafe Orygen - a young person's guide for communicating safely online about self-harm and suicide.
- Aboriginal and Torres Strait Islander-specific programs
- After hours services
- Employment and education services
- Low intensity services



## Hope Assistance Local Tradies (HALT)

<https://halt.org.au/>

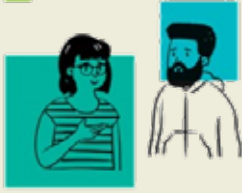
Hope Assistance Local Tradies (HALT) is a national grass-roots suicide prevention charity. They host 'Save Your Bacon' Brekkies and safeTALK events for tradies and apprentices at workplaces, hardware stores, sporting clubs, Men's Sheds and TAFEs across Australia to raise awareness of mental health and connect people with support services.

HALT events provide tradies and apprentices with the tools to start having conversations about mental health.

**Call 0409 756 274**

### What services are available?

- Talks and breakfasts at workplaces, shops, sporting clubs, men's sheds, TAFEs and emergency services across Australia.



Partners in  
**Wellbeing**

## Partners in Wellbeing

Support to manage your wellbeing in difficult times.

If you are not coping or have been feeling distressed, anxious or down over several weeks, help is available through Partners in Wellbeing. This free service offers one-on-one support for people in Victoria to help improve wellbeing, develop strategies to cope and receive emotional support when and as you need it.

**Call 1300 375 330 for support 9am-10pm weekdays,  
9am-5pm weekends**

What services are available?

- Wellbeing coaching
- Small business support
- Veterans support
- Mental health and wellbeing hubs

# wellways

## Wellways

Suicide prevention and recovery

Building suicide awareness and prevention skills within our communities and supporting people and their families after suicide attempts.

**Call 1300 111 400 for support**

Email: [enquiries@wellways.org](mailto:enquiries@wellways.org)

What services are available?

- After suicide support
- Suicide prevention training
- Way Back support service



## Open Arms (Veterans and Families Counselling)

Free and confidential counselling to anyone who has served at least one day in the ADF, and their families. Open Arms specialises in providing free face-to-face and/or tele-health counselling, group programs and peer support. We are committed to your privacy and confidentiality.

**Call 1800 011 046, 24hours/7 days a week**

### What services are available?

- Counselling
- Treatment programs and workshops
- Community and peer program
- Self-help tools



## Self Help Addiction Resource Centre (SHARC)

Helping people to help themselves recover from addiction

<https://www.sharc.org.au/>

SHARC provides telephone and online support, education programs, counselling, peer support groups, residential recovery, consumer representation and workforce training. They offer peer support, clinical and non-clinical drug treatment therapy, information, education, referral, family counselling, training and advocacy.

**Call 1300 660 068 helpline for support 24/7**  
**Or contact Directline on 1800 888 236**

Email: [info@sharc.org.au](mailto:info@sharc.org.au) | Telephone: (03) 9573 1700

### What services are available?

- Family drug and gambling help
- Residential peer programs



## Switchboard

<https://www.switchboard.org.au/>

Switchboard provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQA+) people, their families, allies and communities. They have a range of different programs offering peer-to-peer support in areas including gender and sexuality, diverse relationships, suicide prevention, family violence support, anti-racism advocacy, and social inclusion for older LGBTI community.

**Call 1800 729 367 10am - 5pm, 7 days a week**

**1800 184 527 3pm to midnight, 7 days a week**

### What services are available?

- Out & About social home visiting service
- Suicide prevention programs
- QTIPoC anti-racism project



## Rainbow Door

<https://www.rainbowdoor.org.au/>

Rainbow Door is a free specialist LGBTIQA+ (Lesbian, Gay, Bisexual, Transgender and Gender Diverse, Intersex, Queer, Asexual, BrotherBoys, SisterGirls) helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family.

**Call 1800 729 367 10am - 5pm, 7 days a week**

### What services are available?

- suicidal thoughts support
- family and intimate partner violence (including elder abuse) support
- issues with alcohol and other drugs support
- relationship issues support
- sexual assault support and more



charlee

## **Charlee – LGBTQIA+ Suicide Prevention Hub**

<https://www.charlee.org.au/>

A suicide prevention hub made by LGBTQIA+ people who have thought about suicide, lived through suicide attempts, supported others in distress and live with the pain of loss through suicide.

Contains useful contacts and links to an extensive range of support services and resources for LGBTQIA+ people.

**SMS support – 0480 017 246**

**Email support – [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)**

**Phone support – 1800 729 367**



# Suicide Bereavement



## Jesuit Social Services - Support after Suicide

<https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/>

Support After Suicide assists children, young people and adults bereaved by suicide. The program provides counselling, support groups and online resources to those bereaved by suicide. The organisation also delivers training to health, welfare and education professionals.

### Call 1800 943 415 for support

#### What services are available?

- Counselling and support groups for people bereaved by suicide
- Resources are available to help people better understand their situation
- Education and training for professionals to support those who are bereaved



## Griefline

<https://griefline.org.au/>

Griefline supports anyone experiencing grief, facing any type of loss – providing access to free telephone and online support services and resources.

### Call 1300 845 745 for support 8am-8pm, 7 days/week

#### What services are available?

- Support groups
- Free telephone support
- Online grief forums 24/7
- Grief literacy education and training
- Life after loss podcast series



## **StandBy – Support after Suicide**

<https://standbysupport.com.au/>

StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual. The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

**Call 1300 727 247 for support, 6am to 10pm, 7 days a week**

### **What services are available?**

- Face-to-face and telephone support
- Community workshops and education programs to increase awareness of suicide and suicide bereavement
- Resources such as support leaflets, toolkits, books and links to other useful resources



## **SANE**

<https://www.sane.org/information-and-resources/facts-and-guides>

SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities. Their factsheets & guides provide easy-to-read information on complex mental health issues for everyone. Have a look - you can browse, download or send them on to someone who needs them.

**Call 1800 187 263 for support, M-F 10am to 10pm**

### **What services are available?**

- Telephone, email and webchat support
- Forums
- Drop-in service
- Creative and educational activities



## The Compassionate Friends Victoria

<https://www.compassionatefriendsvictoria.org.au/>

The Compassionate Friends Victoria (TCFV) is dedicated to supporting grieving parents, siblings and grandparents in the event of the death of a child – of any age or from any cause.

**Phone (03) 9888 4944 Country Vic Free Call 1300 064 068**

### What services are available?

- Bereaved Parent, Sibling & Grandparent Support Centre
- Helpline, 24 hours, 365 days
- Support and social groups
- Time-Out Program



## Grief Australia

<https://www.grief.org.au>

Grief Australia is funded by the Victorian Department of Health to provide a statewide specialist bereavement service for individuals, children and families who need assistance following the death of someone close to them.

**Phone 1800 642 066 (freecall) or (03) 9265 2100**

### What services are available?

- Grief Australia Counselling and Support Service, provides a specialist bereavement service for individuals, children, and families who need assistance following the death of someone close to them.
- GA offers the following groups: Talking Grief Support Group, Bereaved Partners Remembrance Group, Kids Grieve Too (KG2), Parents Remembrance Group, Bereavement at the Bar, Bereaved Partners Support Group, COVID-19 Bereavement Support Group, Companion Animal Loss Group
- MyGrief App – This app provides 24-hour support to grieving people and those who support them – in the palm of their hands.

## Organisation website addresses

13YARN	<a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
Be You	<a href="https://beyou.edu.au/resources/suicide-prevention-and-response">https://beyou.edu.au/resources/suicide-prevention-and-response</a>
Beyond Blue	<a href="https://www.beyondblue.org.au/the-facts/suicide-prevention">https://www.beyondblue.org.au/the-facts/suicide-prevention</a>
Black Dog Institute	<a href="https://www.blackdoginstitute.org.au/resources-support/suicide/">https://www.blackdoginstitute.org.au/resources-support/suicide/</a>
Charlee	<a href="https://www.charlee.org.au/">https://www.charlee.org.au/</a>
Gayaa Dhuwi (Proud Spirit) Australia	<a href="https://www.gayaadhuwi.org.au/if-you-need-help/">https://www.gayaadhuwi.org.au/if-you-need-help/</a>
Grief Australia	<a href="https://www.grief.org.au">https://www.grief.org.au</a>
Griefline	<a href="https://griefline.org.au/">https://griefline.org.au/</a>
Headspace	<a href="https://headspace.org.au/">https://headspace.org.au/</a>
Hope Assistance Local Tradies (HALT)	<a href="https://halt.org.au/">https://halt.org.au/</a>
In Tough Times Text	<a href="https://intoughtimestext.org/">https://intoughtimestext.org/</a>
Jesuit Social Services	<a href="https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/">https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/</a>
Kids Helpline	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
Lifeline	<a href="https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/">https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/</a>
Open Arms	<a href="https://www.openarms.gov.au/">https://www.openarms.gov.au/</a>
Orygen	<a href="http://www.orygen.org.au">www.orygen.org.au</a>
Partners in Wellbeing	<a href="https://partnersinwellbeing.org.au/">https://partnersinwellbeing.org.au/</a>
Rainbow Door	<a href="https://www.rainbowdoor.org.au/">https://www.rainbowdoor.org.au/</a>
SANE	<a href="https://www.sane.org/information-and-resources/facts-and-guides">https://www.sane.org/information-and-resources/facts-and-guides</a>
Self Help Addiction Resource Centre (SHARC)	<a href="https://www.sharc.org.au/">https://www.sharc.org.au/</a>
South East Suicide Prevention Network	<a href="https://connecthealth.org.au/programs-activities/south-east-suicide-prevention-network/">https://connecthealth.org.au/programs-activities/south-east-suicide-prevention-network/</a>
Standby – Support after Suicide	<a href="https://standbysupport.com.au/">https://standbysupport.com.au/</a>

## Organisation website addresses

Suicide Call Back Service	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
SuicideLine Victoria	<a href="https://suicideline.org.au/">https://suicideline.org.au/</a>
Switchboard	<a href="https://www.switchboard.org.au/">https://www.switchboard.org.au/</a>
The Compassionate Friends Victoria	<a href="https://www.compassionatefriendsvictoria.org.au/">https://www.compassionatefriendsvictoria.org.au/</a>
Thirrili	<a href="https://thirrili.com.au/">https://thirrili.com.au/</a>
Wellways	<a href="https://www.wellways.org/">https://www.wellways.org/</a>
Yarning Safe n Strong	<a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>



**Kinship Carers Victoria**  
**0499 969 234**  
**[admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)**



**Kinship Carers Victoria**  
**is supported by the Victorian Government.**