

# MEDIA RELEASE

## Supporting people impacted by suicide

10 July 2019

StandBy – Support After Suicide is offering a free workshop in Mildura for people wanting to learn about suicide bereavement and how they can support others impacted by a suicide loss. The *What Do I Say, What Do I Do?* workshop will be held on Wednesday 17 July from 5.30pm at the Alfred Deakin Centre.

The workshop, delivered in partnership with Murray PHN, will provide participants with knowledge and practical skills to support those impacted by suicide.

StandBy Murray Coordinator, Lucinda Fraser, said the workshop is designed to help build capacity in both individuals and the community to respond to suicide and to support one another.

“Losing someone to suicide can be overwhelming and often isolating. We know that support from family, friends and the wider community is so important in helping those impacted to stay connected, but people often don’t know what to say or do to help,” she said.

“The *What Do I Say, What Do I Do?* workshop provides a safe environment to learn about suicide bereavement that will build people’s confidence to reach out to those impacted. We want people to leave feeling more prepared to support someone and be comfortable having an open conversation.”

StandBy will also be hosting a free community gathering aimed at providing information and support for those impacted by suicide on Thursday 18 July from 5.30pm to 7.30pm at the Alfred Deakin Centre.

Coordinator of the Mildura Suicide Prevention Trial, Murray PHN’s Merryl Whyte, said this is a great opportunity for the community to learn how to support themselves and each other.

“Supporting someone who has lost a loved one to suicide can be challenging and it can be hard to know what to say. This workshop will explain the complexities of grief - such as shock, isolation, anger and guilt - for those people bereaved by suicide, including different support approaches and self-care,” she said.

To register, RSVP at <https://bit.ly/2Jvwija>. For more information about the content of the workshop, please call StandBy Coordinator Lucinda Fraser on 0439 173 310.

If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000. Other services include Lifeline – 13 13 14 or [lifeline.org.au](http://lifeline.org.au) or Suicide



Call Back Service – 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

For every Australian that takes their own life, more than 100 people are impacted. That's approximately 300,000 Australians impacted each year by suicide. StandBy is Australia's largest provider of support after suicide, offering free face-to-face or telephone support to anyone bereaved or impacted by suicide. StandBy also provides free education workshops to build capacity within communities to support one another and prevent further suicides. To find out more about StandBy – Support After Suicide visit [www.standbysupport.com.au](http://www.standbysupport.com.au) or [www.facebook.com/standbysupportaftersuicide](https://www.facebook.com/standbysupportaftersuicide).

*Mildura is one of 12 locations taking part in Victorian Government trials to develop local strategies to prevent suicide. This work forms part of the Victorian Suicide Prevention Framework 2016-2025 which aims at halving the state's suicide rates by 2025.*

**A note on reporting suicide:** *There is extensive literature linking media reporting of suicide with increased suicide rates. Suicidal behaviour can be 'learned' from the media when reports are sensationalised, focus on celebrities, are repeated, and explicitly describe location and method details. Evidence suggests that responsible reporting of suicide by the media can reduce suicide rates. [Mindframe Australia Media Guidelines](#) support the media to report suicide accurately, responsibly, and ethically.*

### **Contact details**

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