

SUPPORT

Currently StandBy operates in the following regions, for 24/7 StandBy after suicide support please contact

ACT

ACT 0421 725 180

QUEENSLAND

Brisbane North & South 0438 150 180

Central Qld, Wide Bay & Sunshine Coast 0407 766 961

Northern Qld 0459 299 147

North West Central Qld 0408 839 711

NEW SOUTH WALES

North Coast New South Wales 0417 119 298

NORTHERN TERRITORY

Northern Territory 0418 575 680

SOUTH AUSTRALIA

Country SA - South 0437 752 458

Country SA - North 0438 728 644

TASMANIA

Tasmania 0400 183 490

VICTORIA

Murray 0439 173 310

WEST AUSTRALIA

East Kimberley 0488 910 012

West Kimberley 0458 889 937

Pilbara 0438 611 999

For further StandBy on-line support visit

WWW.STANDBYSUPPORT.COM.AU

In case of emergency please call 000

For immediate support call Suicide Call Back Service 1300 659 467 or Lifeline 13 11 14

This information is also available in the following languages:

Arabic

Chinese

Farsi

Hazarangi

Nepali

Vietnamese

Filipino

Thai



For enquiries please contact:
0429 147 491

Email: standbynational@unitedsynergies.com.au

WWW.STANDBYSUPPORT.COM.AU

A PROGRAM OF UNITED SYNERGIES

StandBy: An Australian Government Initiative



You are not alone

**STANDBY – SUPPORT
AFTER SUICIDE**

The StandBy Service

The StandBy Service helps people whose family member or friend died by suicide. It doesn't matter if the suicide happened where you live, or somewhere else. We can support you straight away, or if it happened a long time ago.

How can StandBy help you?

The StandBy Coordinator can

- Talk with you over the phone
- Sit with you, your family or friends at your place or somewhere else when it suits you
- Help you decide what sort of help you would like for yourself, family or group
- Explain how you can help your family or friends
- Talk with you about what the police, and other organisations do after a suicide

The StandBy Coordinator can also

- Talk with you about
 - Services that can help people from other countries who now live in Australia
 - Services near where you live that can help you in other ways
- Call to see how you are going over time

How much does StandBy cost?

StandBy's help is free

Feelings after a suicide

When someone has died there are lots of things to deal with. Everybody handles things their own way. Some things you may feel are:



Looking after each other

- Spend time with people who care
- Perform rituals important to you and your family
- Go to places with good memories
- Support family and friends
- It's no one's fault – try not to judge
- Remember the good times

Looking after yourself

- Do things that give you peace,
- Contact your family and friends overseas
- Cook your favourite meal and eat well
- Get plenty of rest
- It's ok to cry

If you feel angry let it out somehow safely

- Avoid drugs and alcohol
- Drink plenty of water



If you or your family are really sad, another thing that can help is talking to someone at the Suicide Call Back Service 1300 659 467 or looking at the website <http://www.suicidecallbackservice.org.au/contact-us>

Telephone Interpreter Service

If you feel you may not understand what the StandBy staff are saying, or they may have difficulty understanding you, please ask them to use the Telephone Interpreter Service by phoning 131 450.