

# How best to help me – a resource for supporters of those bereaved and impacted by suicide



Below are some tips that some people bereaved and impacted by suicide have found useful to share:

## 1. Pay attention to me

I may have intense emotions that could include anger, sadness, fear, and guilt. Be prepared for any or all reactions. You cannot take these away, but being there, and showing you care can be comforting.

## 2. Share memories

Don't be afraid to share stories about the person who died and what they meant to you. It is important for me.

## 3. Understand

The healing process takes time. Remembering birthdays and special days can be particularly difficult, now and into the future.

## 4. Just sit with me

Don't try and fix me, for now just sit with me and be there with me.

## 5. Practical support

Offer practical support such as making a meal, doing the shopping, gardening, or washing.

## 6. Nurture relationships

Keep in touch regularly. There may be times when your offers are refused but keep trying. If you are unsure what to do it is OK to simply let me know you are here for me.

## 7. Language

The language you use should not judge the way my loved one died.

## 8. Be kind

To yourself as you may also be affected by the loss and have your own grief to work through.

**StandBy Support After Suicide is working with Deaf Australia Inc, Deaf Connect, Deaf Victoria Inc. and Expression Australia to support the deaf and hard of hearing community.**

StandBy offers support to anyone who has been bereaved and/or impacted by suicide. People in the deaf and hard of hearing community can connect to StandBy through SMS.

**SMS 0428 842 041**

**Available 6am - 10pm, 7 days per week**

Resources available at [standbysupport.com.au/resources](https://standbysupport.com.au/resources)

Text for initial support and to arrange free and confidential individual or group support in your local area. This can be done face to face or online. **If you need immediate support, we encourage you to reach out to:**

**Lifeline** [lifeline.org.au](https://lifeline.org.au) | SMS - 0477 13 11 14

Via NRS or VRS

**[standbysupport.com.au](https://standbysupport.com.au)**  

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