

Fill your cup!

A guide to self-care and cup filling.

International
Survivors of
Suicide Loss Day



1 Seek out supportive relationships

Don't do this alone. It is important to connect with others (friends, family or colleagues) who care about you. Allow them to care for you when you need it.

2 Share with others

Find someone you feel comfortable to talk to.

3 Be true to yourself

Don't dismiss your place of strength, be it a set of beliefs, a religion, faith or traditional/alternative healing techniques. Your place of strength is as individual as your grieving process. There is no right answer only you know what works for you.

4 Do things that bring you enjoyment and comfort

Listening to relaxing music, get a massage, have a warm bath or meditate.

5 Get moving

Any physical activity is worth it. Exercise can lift you when you're feeling low.

6 Be patient

Understand the healing process takes time.

7 Take care of your physical health

Grief can be hard on your body. Looking after yourself includes - eating regular healthy meals, getting plenty of sleep and regular exercise and avoiding overuse of alcohol, tobacco, caffeine and other drugs.

A check-up with your GP may assist you with this.

8 Go outside

Spend some time outdoors. Fresh air and sunlight can assist your overall health and wellbeing.

9 Reach out

You may be able to work through your grief with the help of family and friends, or you may need extra support. Don't be afraid to ask.

Telephone Helplines

Lifeline
☎ 13 11 14

13YARN
☎ 13 92 76

Kids Helpline
☎ 1800 55 1800

Mens Line
☎ 1300 78 99 78

If life is in danger call 000



Find out more information on how to access these services through your local StandBy site on 1300 727 247.

StandBy - An initiative of Youturn jointly funded by the Australian, New South Wales, Victorian, Queensland and Northern Territory Governments.



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