

Information release

## Suicide bereavement – the saddest loss, so hard to share

While Lifeline’s mission is to prevent all suicides, tragically there are still people who see no alternative but to end their lives, often leaving behind a trail of distress and confusion.

Recognising the devastating impact of suicide to friends and family, Lifeline’s Harbour to Hawkesbury centre facilitates meetings for a unique group of people – those bereaved by the suicide of someone close or much loved.

“It’s something very precious,” said Lifeline counsellor, Caroline McGrory, (picture right). “A place where group members can draw on the support and understanding of others who are travelling the same journey.”



According to the group’s coordinator, Ceiny Maybury, (picture left, below), the experience of losing someone you love as the result of a suicide can be very isolating.

“It is something that’s hard for others to truly comprehend, unless they themselves have experienced at least some of what you are going through,” she says. “It’s important people feel free to talk about their reactions to suicide openly and honestly in a safe environment, and reach out to others affected by similar



loss.”

Our groups are facilitated by experienced counsellors Caroline McGrory and Ceiny Maybury. “It’s the sort of support that is very difficult to find anywhere else,” says Ceiny.

Lifeline Harbour to Hawkesbury’s current support group started on 4 August and will run for eight weeks on Thursday evenings, from 7pm to 9pm. It is what we call a ‘closed group’, so it is no longer possible to join this particular groups, but watch our Lifeline Harbour to Hawkesbury website or Facebook page for information about how to register for future groups. Participation is free, but registration in advance is essential.

Face-to face counselling is also available.