



# SUPPORT FOR PARENTS

- Lifeline on 13 11 14 or <https://www.lifeline.org.au/>
- Suicide Callback Service are available on 1300 659 467 or <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/> and support people bereaved by suicide, or anyone who is worried about the wellbeing of another person.
- Conversations Matter: there are two useful pages. One is about “how to talk to young people about suicide” <http://www.conversationsmatter.com.au/resources-community/telling-a-child-about-suicide>. The other is “When Communities Are Affected by Suicide” <http://www.conversationsmatter.com.au/resources-community/when-communities-are-affected-by-suicide>
- KidsHelpline (assists young people aged 5-25 and also those who care for young people). Their parent web page is <https://kidshelpline.com.au/parents> and the phone number is 1800 55 1800
- #Chatsafe – a young person’s guide to talking safely about the topic of suicide on social media <https://www.orygen.org.au/Training/Training-areas/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin>
- Jesuit Support After Suicide website. They are available to assist in counselling for people bereaved by suicide, and they work in the Gippsland area. This may be useful to share with the parent community if they are looking for support. <https://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/>

They also have excellent fact sheets.

[Grief \(family and friends\) – headspace Fact Sheet](#)

[Suicide\\_Response\\_Factsheet\\_Suicide\\_In\\_Schools\\_Information\\_For\\_Families\\_PDF\\_287KB \(1\)](#)