

# Suicide Bereavement Support Group



A safe place to share your  
thoughts, ideas and feelings  
with others who understand...

 **Lifeline**  
**Saving Lives**  
Crisis Support. Suicide Prevention.

## About the group

Whether the suicide was a recent experience or one that happened many years ago the Suicide Bereavement Support Group can help.

Our Support Group will assist you to break down the silence that locks away the guilt, shame, anger, intense pain and the “why”.

The Group is a safe place to share your thoughts, ideas and feelings with others who understand the enormity of your loss. The Group meets weekly for 8 weeks and is a closed group.

The Group is structured so that those bereaved can share their experience as well as being supported in managing and moving through their grief.

**If you need someone to talk to,  
call 13 11 14**

## To join a group contact Us



**Phone:** (02) 4645 7200

**Fax:** (02) 4645 7250

- Bankstown • Fairfield • Liverpool
- Macarthur • Southern Highlands

**Email:** [suicideprevention@lifelinemacarthur.org.au](mailto:suicideprevention@lifelinemacarthur.org.au)

**[www.lifelinemacarthur.org.au](http://www.lifelinemacarthur.org.au)**

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