

Suicide Support NT

The National Indigenous Critical Response Service and StandBy – Support After Suicide Service are programs of Thirrili Ltd. Both programs work together to complement each other and provide support to individuals, families and communities impacted by suicide loss.

NICRS

National Indigenous Critical Response Service



THIRRILI

The National Indigenous Critical Response Service provides emotional and practical support to bereaved families and individuals impacted by a suicide or other traumatic loss. Our advocates are experienced in listening, and providing culturally responsive support. They can liaise with local communities and services to identify who is best placed to provide the help families need. If invited by the family and where there is need, we can travel to provide support directly, or liaise with local social and health services to provide the assistance.

Our Advocates can be contacted **24/7** on **1800 805 801**



The StandBy – Support After Suicide Service

- Provides face to face and telephone support
- Understands and responds to your needs
- Provides locally tailored community awareness and training workshops
- Provides information and referrals, support services and resources in your region

StandBy NT is contactable **24/7** on **0418 575 680**

WWW.STANDBYSUPPORT.COM.AU

A program of United Synergies Ltd

Across the Northern Territory NICRS and StandBy work collaboratively to ensure timely and appropriate support is available. Both services are provided free of charge.

For notifications & referrals for either service please email:

suicidesupport.nt@thirrili.com.au

NICRS and StandBy: Australian Government Initiatives



What Do I Do? What Do I Say?

IT'S NEVER TOO LATE TO PROVIDE SUPPORT

Grief is a journey – it's OK to acknowledge someone may be needing support whether it's days, months, years or even decades after the loss. When supporting others it is important to be person centred. We need to listen to the voices of those bereaved, who say:

- 1. Listen** – 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, listening and showing you care can be comforting.
- 2. Share memories** – Don't be afraid to talk about the person who died and what they meant to you. It is important for me.
- 3. Understand** – The healing process takes time. It can take months or years to find a liveable place for my loss. Remembering birthdays and special days can be particularly difficult.
- 4. Be OK with Silence** – Do not feel compelled to talk because you may feel uncomfortable. Don't try and fix me, for now just sit with me.
- 5. Remember** – I may need assistance with accessing information, medical/psychological support or meeting other responsibilities. It may be useful for you to be my driver, make essential phone calls, or assist me in meeting my children's needs.
- 6. Practical Support** – Offer practical support such as making a meal, doing the shopping, gardening or washing.
- 7. Nurture Relationships** – Keep in touch regularly. There may be times when your offers are refused, but keep trying. If you don't know what to say, be honest and say "I don't know what to say but I am here for you". A note or text in between other contact with words such as "Thinking of you" and "I miss them too" lets me know I am not alone.
- 8. Language** – The language you use should not judge the way my loved one died.
- 9. Be Kind** – To yourself as you may also be affected by the loss and have your own grief to work through.