



StandBy North Coast NSW, Uniting Communities & National StandBy Response Service  
Media Release Monday March 2 2015

### **Should I tell the children? A Workshop for People Bereaved by Suicide**

"It's a question that I'm often asked when I'm supporting people bereaved by suicide... *should I tell the children?*" says StandBy Response Service Coordinator, Rose Hogan. Knowing how to speak to children about this kind of loss, particularly for someone struggling to come to terms with it themselves, is a very difficult task.

Children can be the most vulnerable of those affected by suicide. A submission to the National Children's Commissioner Inquiry into Suicidal Behaviour notes that children who have lost a parent, other relative or close friend to suicide may be four times more likely to take their own life and may also be vulnerable to experiencing depression or post-traumatic stress.

On Thursday March 5 at the YWCA in Goonellabah, Dr Diana Sands, Director of the Bereaved by Suicide Centre for Intense Grief in Sydney, will be presenting a workshop and discussion circle on how to broach this sensitive topic. Dr Sands has authored a resource specifically designed to support children to deal with bereavement, and this resource, Red Chocolate Elephants, will be featured during the event.

This book and DVD includes the stories and words of advice from bereaved children themselves. It provides opportunity for young people to hear their fears, questions, and difficulties put in words by other children who have shared their experience. It also provides a range of interactive activities including a *Drawing your own Feelings Bag* and making a *Talking Stick* to help children to talk about the 'really hard-to-say' things.

The full day workshop costs \$50.00 and includes a copy of the resource, the Red Chocolate Elephants Book and DVD and lunch. Some limited spaces are still available.

The workshop will be especially useful for those directly engaged with bereaved children including social workers; counsellors, psychologists; health, welfare and education professionals; youth and family providers; clergy, students and any of those responding to family, friends and associates bereaved by suicide.

The North Coast NSW StandBy Response Service, supported locally by the Northern Rivers Social Development Council (NRSDC) provides 24 hour support to those affected by suicide. StandBy is a national suicide postvention program funded by the Australian Government

RSVP for the Workshop by Monday March 2 to email: [standby@nrsc.org.au](mailto:standby@nrsc.org.au) or call 02 6620 1800.

If you or someone you know is bereaved by suicide contact NSW North Coast StandBy call **0417119298**. For additional support call the Suicide Call Back Service on 1300 659 467 or Lifeline 131114.

#### **Media Contact**

**Jill Fisher**

[standbynational@unitedsynergies.com.au](mailto:standbynational@unitedsynergies.com.au).

07 5442 4277  
0458406640

#### **Australian Media Support**

[www.mindframe-media.info/for-media/reporting-suicide/quick-guide](http://www.mindframe-media.info/for-media/reporting-suicide/quick-guide)

#### **Support after suicide**

Suicide Call Back Service 1300 659 467  
Lifeline 131114

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**The National StandBy Response Service** One of Australia's leading suicide postvention programs dedicated to assisting people and communities affected by suicide.

**Northern Rivers Social Development Council (NRSDC)**  
A community-based not-for-profit organisation that promotes fairness and social inclusion in the Northern Rivers region of NSW.

#### **United Synergies Ltd.**

A not for profit organisation that provides direct services and support to individuals, families and communities to assist them in achieving their full potential.

For information about United Synergies and StandBy go to  
[www.unitedsynergies.com.au](http://www.unitedsynergies.com.au)