

Towards Zero Suicides Resources

Suicide Prevention



Finding Your Way Back
Finding your way back
for people who have tried
to take their own life.

www.beyondblue.org.au/, type *support after suicide attempt* into the search function.



Guiding Their Way Back
For people supporting
someone after they have
tried to take their own life.

www.beyondblue.org.au/thewayback



Crisis manual for Carers
Information that may help
in a mental health crisis.

<https://www.islhd.health.nsw.gov.au> - go to Your Services, then Mental Health and then Towards Zero Suicides and look for resources



Where to go for support
Support services in the
Illawarra and Shoalhaven.

www.suicidepreventioncollaborative.org.au/need-help/

NSW Mental Health Line on 1800 011 511



Equity and inclusion for all



Health
Illawarra Shoalhaven
Local Health District

Towards Zero Suicides Resources

After a Suicide



Bereaved by suicide or other sudden death

Practical matters, grief and other help.

www.postventionaustralia.org



Needing help after someone has died

Payments and services available.

<https://w6p3u3w8.stackpathcdn.com/wp-content/uploads/2015/11/Needing-help-after-someone-has-died.pdf>



Supporting children bereaved by suicide

To assist you in supporting your children.

www.uwa.edu.au/, in the search function put *supporting children after suicide*



Where to go for support

Support services in the Illawarra and Shoalhaven.

www.suicidepreventioncollaborative.org.au/need-help/



Equity and inclusion for all.

Thanks to the Illawarra Suicide Prevention & Awareness Network for originally developing this resource.

Printed 24/2/2022