

# LIVING Beyond Suicide ~ Information Sheet

The focus of Anglicare's Living Beyond Suicide (LBS) program is to provide a centralised location where anyone in South Australia who is bereaved through suicide can find help and support.

LBS is committed to developing community resilience, and to being a crucial agent for SA in promoting fullness of life for those bereaved through suicide. LBS staff understand the importance of capacity building and hold a core belief that to truly make a difference the service needs to be sustainable, both in metropolitan and country regions. To achieve this, Anglicare has created an innovative and unique program structure that incorporates the passion and expertise of volunteers in the provision of face-to-face support for persons bereaved through suicide. This enables LBS to provide the service state-wide whilst at the same time fostering a healthy attitude in the community towards volunteering and supporting families bereaved through suicide.

Living Beyond Suicide partners with crisis services, such as the police and coroner, who attend each suicide in South Australia and who provide families with an immediate link to LBS. Living Beyond Suicide co-ordinates home visits by trained volunteers who are themselves experienced in suicide bereavement.

LBS volunteers visit in the hours and days after the suicide, companion survivors through post-suicide processes, and provide a vital link between families and the community. The support given is based on the families needs and may include:

- Information on funeral options;
- Liaising with coroners, courts and police departments;
- Advocating on behalf of the family for superannuation, insurance, or Centrelink matters;
- Facilitating debriefing sessions for workplaces;
- Assisting families with housing concerns;
- Providing information on available counselling services or
- Simply just sitting with a family as they tell their story.

**Comment from LBS client in Pasadena concerning the contact she had with the service:**

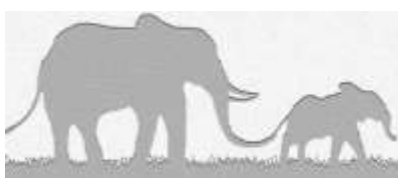
*"...I feel like I can say anything to you, I can't thank you enough, and it is so wonderful that I can talk to someone, who listens, who knows what to say - and is there for me in a way that no one else in my life can."*

LBS is funded by the Department of Health and Aging and has volunteers in Adelaide, Riverland, Victor Harbour and Mt Gambier. LBS is available to conduct workshops and volunteer training programs in all regions of South Australia.

LBS is dedicated to empowering families bereaved through suicide to find their own path through their grief. LBS works alongside other postvention services such as the Bereaved Through Suicide Support Group (BTS), and Minimisation of Suicide Harm (MOSH) to achieve this end, as well as facilitating annual events and training packages for the community. These events are geared towards reducing the stigma of suicide, and providing safe places for members of the community to progress through their grief.

Living Beyond Suicide volunteers are available to visit families in the Riverland, Southern Fleurieu, Mount Gambier and Adelaide Metropolitan Regions.

Living Beyond Suicide operates a 10am – 10pm crisis and information line that is available everyday of the year. To find out more about this service or to access support for yourself or your family, please call 1300 76 11 93.



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