

## THE SERVICE

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StandBy is a Suicide Bereavement Response Service that provides a 24-hour coordinated community crisis response to families, friends and associates who have been bereaved through suicide.

### OUR GOAL

People bereaved by suicide have access to services appropriate to their need at their time of greatest need via the most effective medium for them.

### WHO WE AIM TO HELP

StandBy responds to families, friends and associates who have been bereaved through suicide in the Canberra region.

This includes:

- local residents bereaved through a local suicide,
- local residents bereaved through a suicide occurring elsewhere, and
- non-local residents bereaved through a local suicide.

StandBy is a service available to people bereaved by a recent or a past suicide. Because people grieve in very different ways, support services may not be required for many weeks, months or even years, in some cases. Whenever you need help, StandBy will be there to provide support and assistance.

StandBy is a national service currently operating in Canberra, Cairns, North Brisbane and the Cooloola and Sunshine Coasts.



The StandBy Response Service stands by families, friends and associates in their bereavement through suicide.

## OUR SUPPORTERS

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StandBy Response Service is supported by:



## CONTACT US

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### CANBERRA

Please Contact: Donna Evans

Tel: 0432 385 197 or  
02 6243 3663

Fax: 1300 656 200

E: [admin@supportlink.com.au](mailto:admin@supportlink.com.au)

W: [www.supportlink.com.au](http://www.supportlink.com.au)



SupportLink Australia Ltd  
PO Box 400  
Calwell ACT 2905

# CANBERRA

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supportLink Australia Ltd



*You are not alone*

Support and information for  
people bereaved by suicide.

## SUPPORT

### How does StandBy Support You?

StandBy respects, understands and supports the health and wellbeing of people bereaved by suicide. Our service is available for you regardless of where or when your loss occurred.

To access StandBy you can contact the Coordinator on the 24 Hour Crisis Line on 0423 063 839 or via SupportLink on 02 6243 3663 to arrange a suitable time for StandBy to call. You can also give permission for someone to call StandBy on your behalf.

There are several ways we can support you in your grief. The StandBy Coordinator will provide initial crisis support and begin a process of determining with you the assistance which will most meet your individual needs.

StandBy can provide telephone support, information and link you to community support services.

Sometimes people bereaved by suicide prefer to meet directly with our specialist crisis team. This can be at a place and time most suitable for you including your home or alternatively at one of the community services available to StandBy. Our team is available after hours and weekends, including public holidays, to enable timely and respectful understanding and support for you, your family, friends and other people affected by your loss.

StandBy is committed to ensuring that you are provided with the best possible response by coordinating services available in your local community

## COPING WITH GRIEF

### Taking Care of Yourself

Many people feel such intense emotional pain following a death that they wonder how they will survive. It is hard to believe in the early days, but the pain does ease and thoughts about the person who has died become more comfortable and the special memories are treasured.

The grief process is like a journey running from the starting point of bereavement to a different life. Progress is made as the feelings are worked through.

Taking care of yourself is important to prevent further stress to your body. The following have been found to be helpful in coping with grief:

- A regular daily routine: have set times for getting up, meals and going to bed.
- A balanced diet. Include: breads and cereals; meat, fish and dairy products; fruit & vegetables.
- Avoid coffee and tea - try and drink a lot of water as stress is very dehydrating.
- Outdoor activities, like going for a walk or gardening, take you away from the stress and refresh you mentally.

- Exercise, such as swimming, walking or group activities, will produce chemicals called endorphins in the body that assist to counteract depression and help to make you feel good. The exercise does not need to be strenuous.
- Relaxation: meditation, massage, music.
- A relaxing pre-sleep routine: winding down before bed and not watching television.
- Avoiding seeking relief through alcohol, smoking, medication and other drugs.

Be patient, tolerant and gentle with yourself as you grieve. It is important to seek professional help when you feel overwhelmed by your grief or memories. No one has to bear it all alone. There is help available.

This and further advice on coping with grief can be found at GriefLink: [www.grieflink.asn.au](http://www.grieflink.asn.au)

*You are not alone*

STANDBY  
RESPONSE SERVICE

