

Grief and self care

Supporting yourself after suicide

It's never too late to seek support

Grief is a journey. It's okay to acknowledge you may need support days, months, years or decades after your loss.

Additional supports:

- Friends and family
- Doctor and/or health professional
- Community health service
- Counselling / support group
- Spiritual, community and cultural support
- Telephone helplines
 - » Lifeline **13 11 14**
 - » 13YARN **13 92 76**
 - » Kids Helpline **1800 55 1800**
 - » MensLine **1300 78 99 78**
- If life is in danger call **000**

Ideas for self care

- 1. Supportive relationships** – Don't do this alone. It is important to connect with others (friends, family or colleagues) who care about you. Allow them to care for you when you need it.
- 2. Sharing with others** – Find someone you feel comfortable to talk to.
- 3. Be true to yourself** – Don't dismiss your place of strength, be it a set of beliefs, a religion, faith or traditional/alternative healing techniques – Your place of strength is as individual as your grieving process. There is no right answer only you know what works for you.
- 4. Get moving** – Any physical activity is worth it. Exercise can lift you when you're feeling low. Getting outside in the sunshine is also beneficial.
- 5. Be patient** – Understand the healing process takes time.
- 6. Take care of your physical health** – Grief can be hard on your body. Looking after yourself includes – eating regular healthy meals, getting plenty of sleep and regular exercise and avoiding overuse of alcohol, tobacco, caffeine and other drugs. A check-up with your GP may assist you with this.
- 7. Practise self care** – Be kind to yourself. Do things that bring you enjoyment and comfort, such as listening to relaxing music, massage, a warm bath or meditation.
- 8. Go outside** – Spend some time outdoors. Fresh air and sunlight can assist your overall health and wellbeing.
- 9. Reach out** – You may be able to work through your grief with the help of family and friends, or you may need extra support. Don't be afraid to ask.



Support needs
1300 727 247

www.standbysupport.com.au



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