



A book just for me

A grief journal


STANDBY
SUPPORT AFTER SUICIDE

Someone to talk to

This book is for you, as you have had someone in your life die by suicide.

When someone dies, their body stops working. A suicide is when a person stops their own body working. It is important to know that it is not your fault.

You can do these activities on your own or with someone you trust. You don't have to do all the activities, just the ones you choose.

Sometimes it can feel helpful to talk to someone who doesn't know much about you, your story or your family. Here is a list of numbers you can call.

You can also speak to a Doctor (GP) or your school about talking to someone.

Kids Helpline 24/7
1800 55 1800
kidshelpline.com.au

Lifeline:
13 11 14
lifeline.org.au

You

Use this box to draw a picture of yourself:

My name is: _____



Remembering

Who
died?

Draw
a picture of them

What
is your favourite
memory of them?

What
would you like to tell
them?

Who, what, where, when...

Who
told you about
the death?



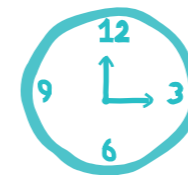
What
did they tell
you?



Where
were you when you
found out?



When
did you find out?

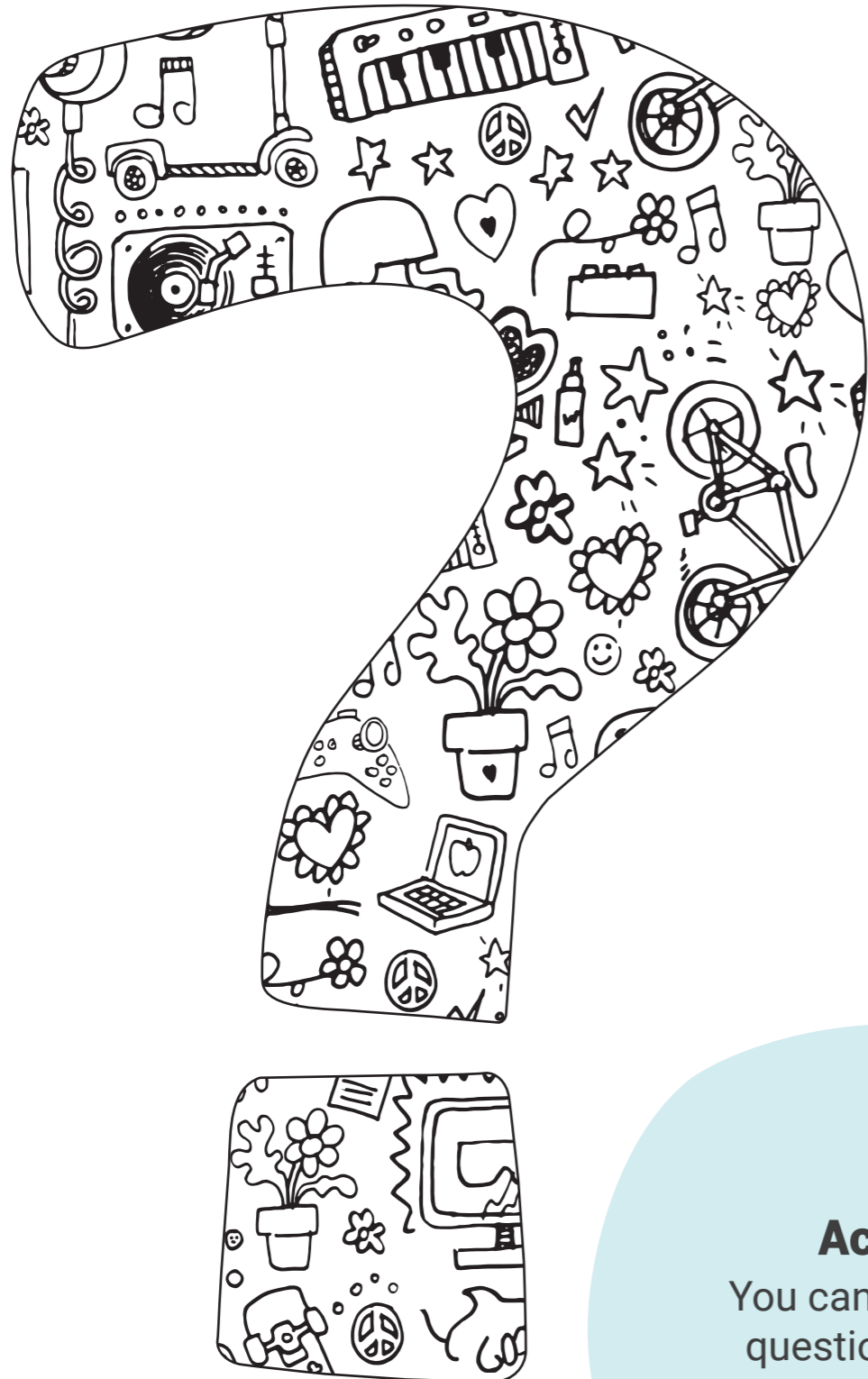


How
did you feel?



Questions

Suicide is when somebody ends their life. Often people have a lot of different questions about it. "Why" often gets asked a lot. It's also one of the hardest to answer. And sometimes there might be no answer.

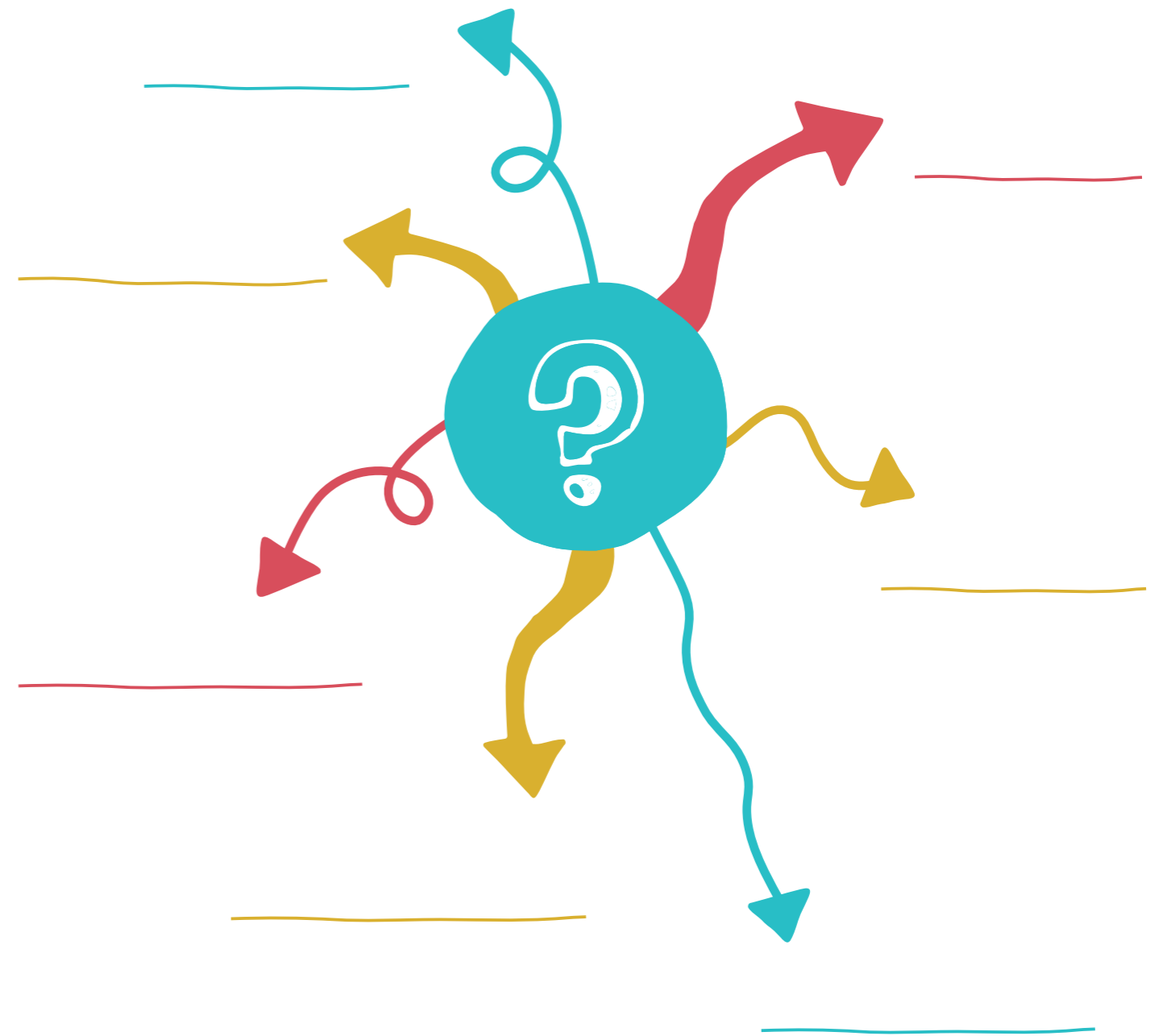


Activity

You can colour this question mark in.

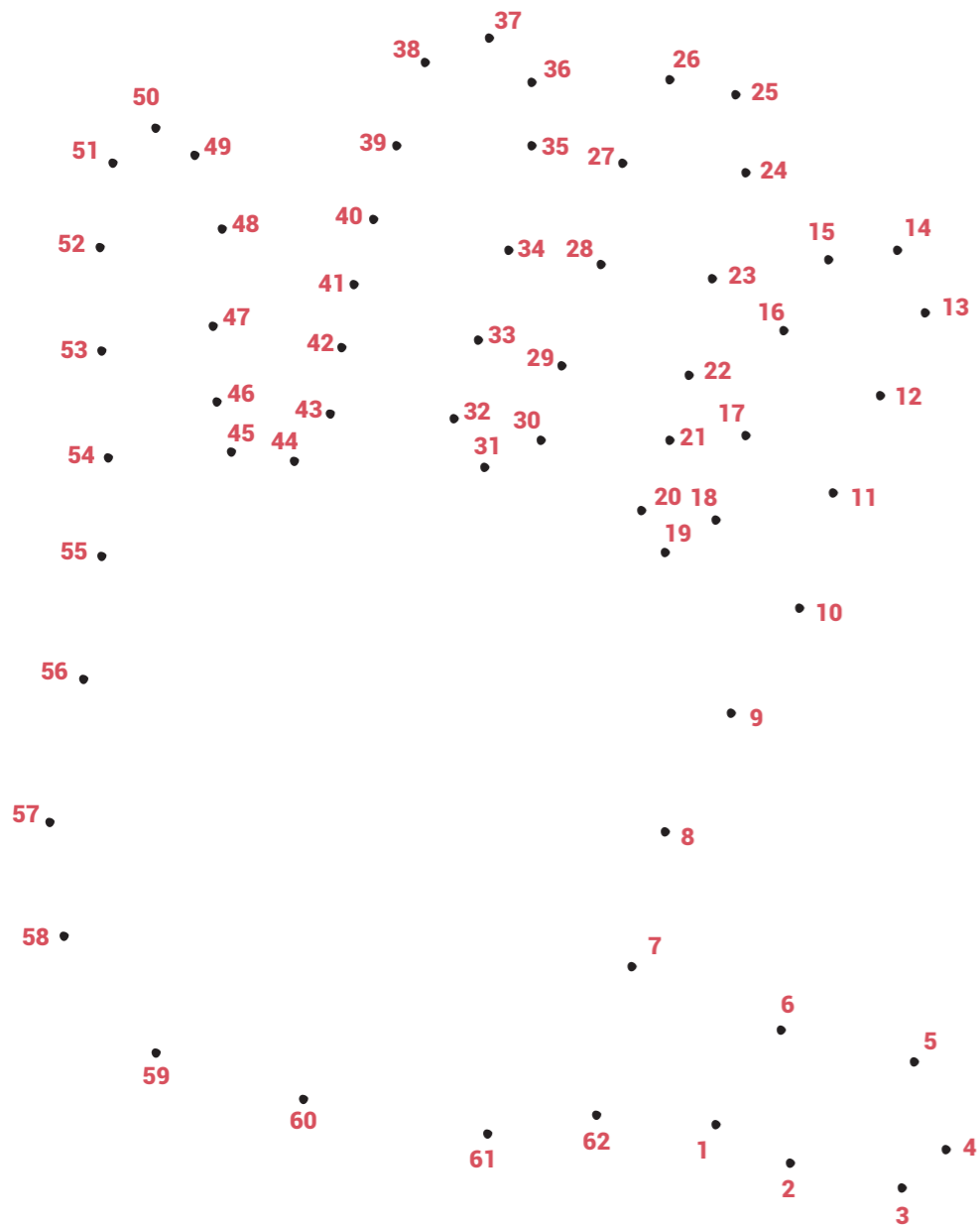
Questions

When we have a lot of hard questions it can help to "get them out" by writing them all down, without thinking about answers. Use the space here to write down all your questions, even the ones you haven't asked anyone yet:



Helping hand

On each finger, write down the name of someone you can talk to about how you're feeling and what you're thinking:



Activity

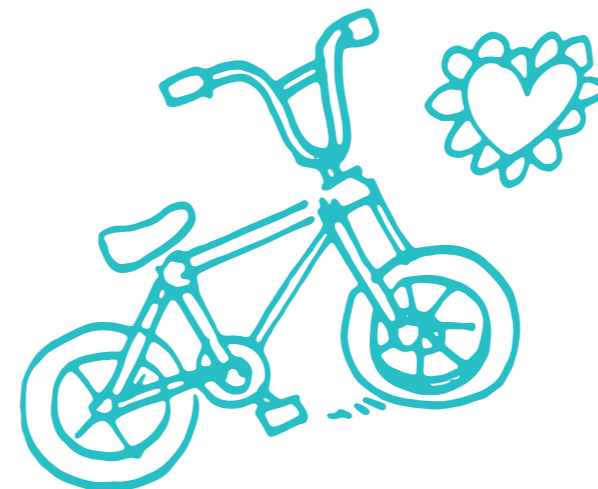
Try speaking to one of these people. Did it help? How do you feel after speaking to them?



if you don't have someone to talk to or you want to talk to somebody else, you can call kids helpline on 1800 55 1800. It's free!

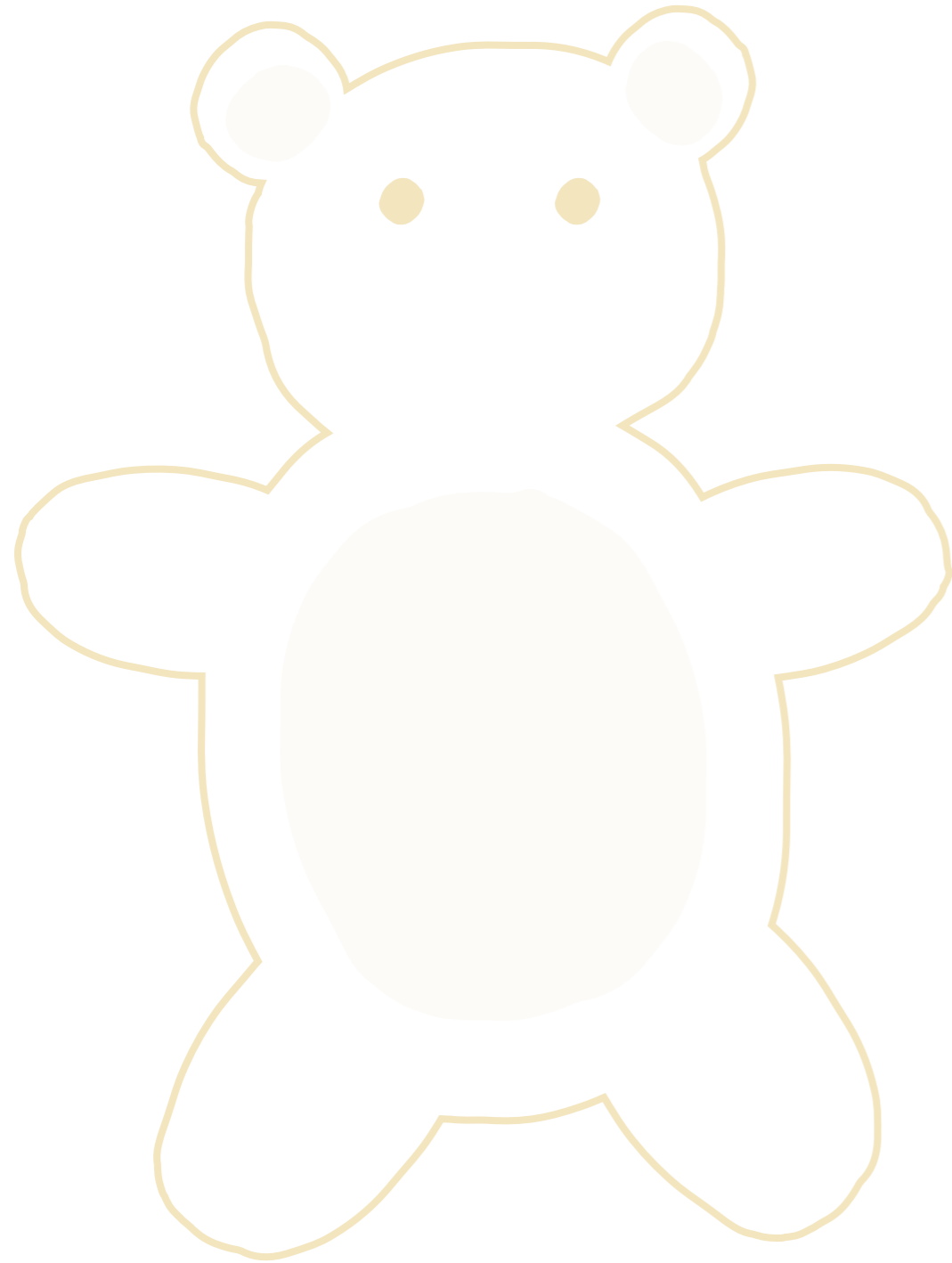
More space

Use this blank page when you need more room to do the activities or to add your own:



I feel

Use this picture to colour in or scribble the way your body feels. Try using different colours to show how you are feeling. There is no right or wrong way to feel.



More space

Use this blank page when you need more room to do the activities or to add your own:



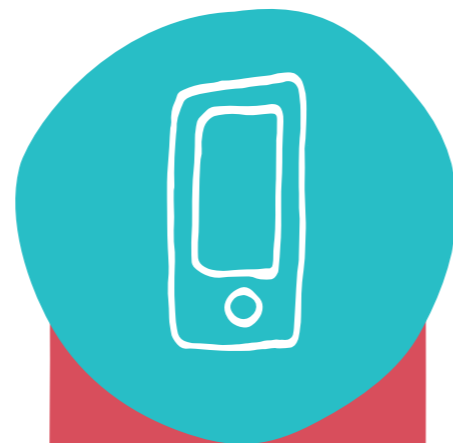
Changes

When somebody dies, our lives can change in lots of ways. Here are some examples of how things might be different now. Tick the ones that are true for you and add your own.

My family moved to a different house/ town/ place

My family talks and acts differently

I changed schools

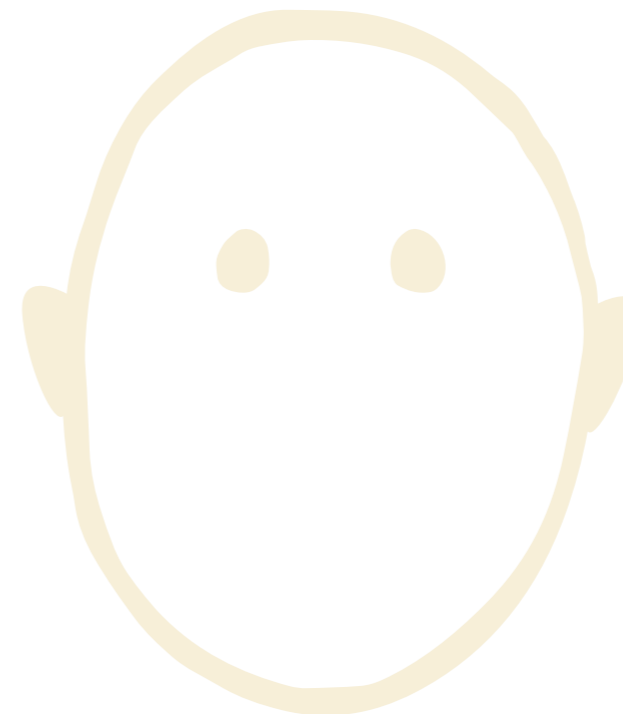


Remember, you can also ring kids helpline on 1800 55 1800 any time.

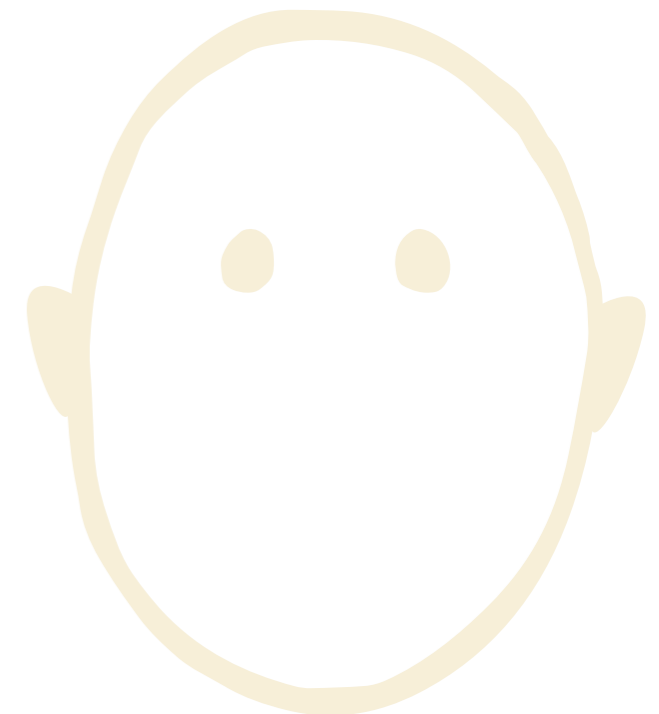
Inside - Outside

Sometimes what we show on the outside is very different to what we feel on the inside.

Draw, scribble, colour or write in these faces.



What I show on the outside

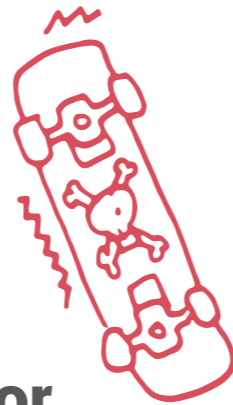


How I feel on the inside

What could help you?

What makes you feel better when you feel sad?

Circle all the things that help, or add your own:



Sports or swimming

Going to (a place)

Listening to or making music

Talking to someone

Time with animals or being outside

Planting or building something

Drawing or writing

Making something



Being around friends



My week

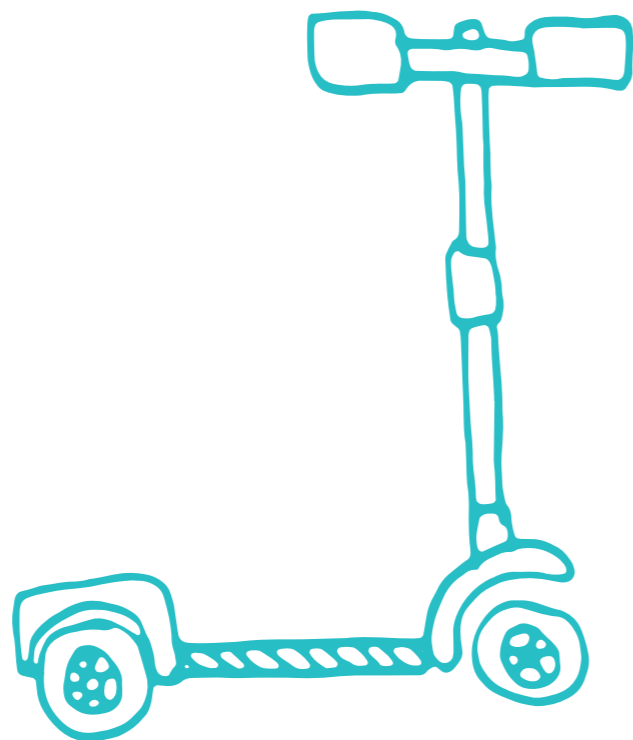
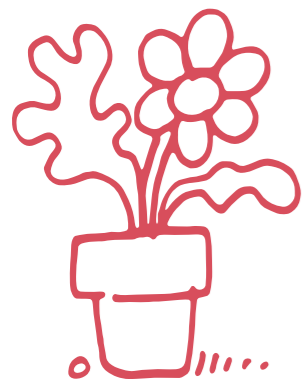
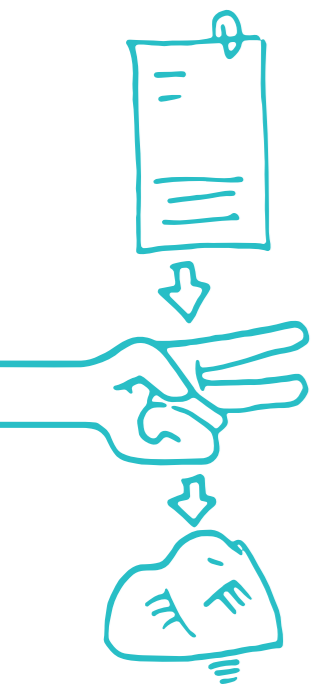
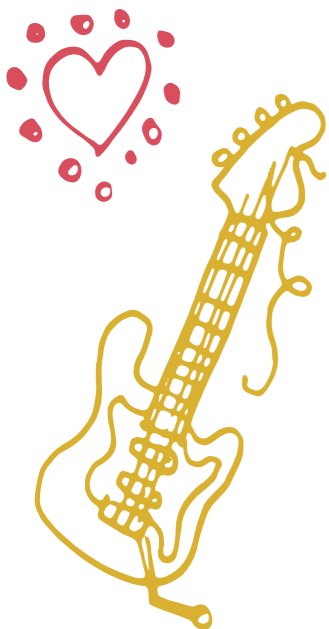
Choose some of the activities that you liked from the last page and try it out for one week.

Circle the face to show how you felt that day

	What you did	How you felt
Monday		😊 😐 😞
Tuesday		😊 😐 😞
Wednesday		😊 😐 😞
Thursday		😊 😐 😞
Friday		😊 😐 😞
Saturday		😊 😐 😞
Sunday		😊 😐 😞

Free space

Draw, colour, write, scribble. Use this page for whatever you like.



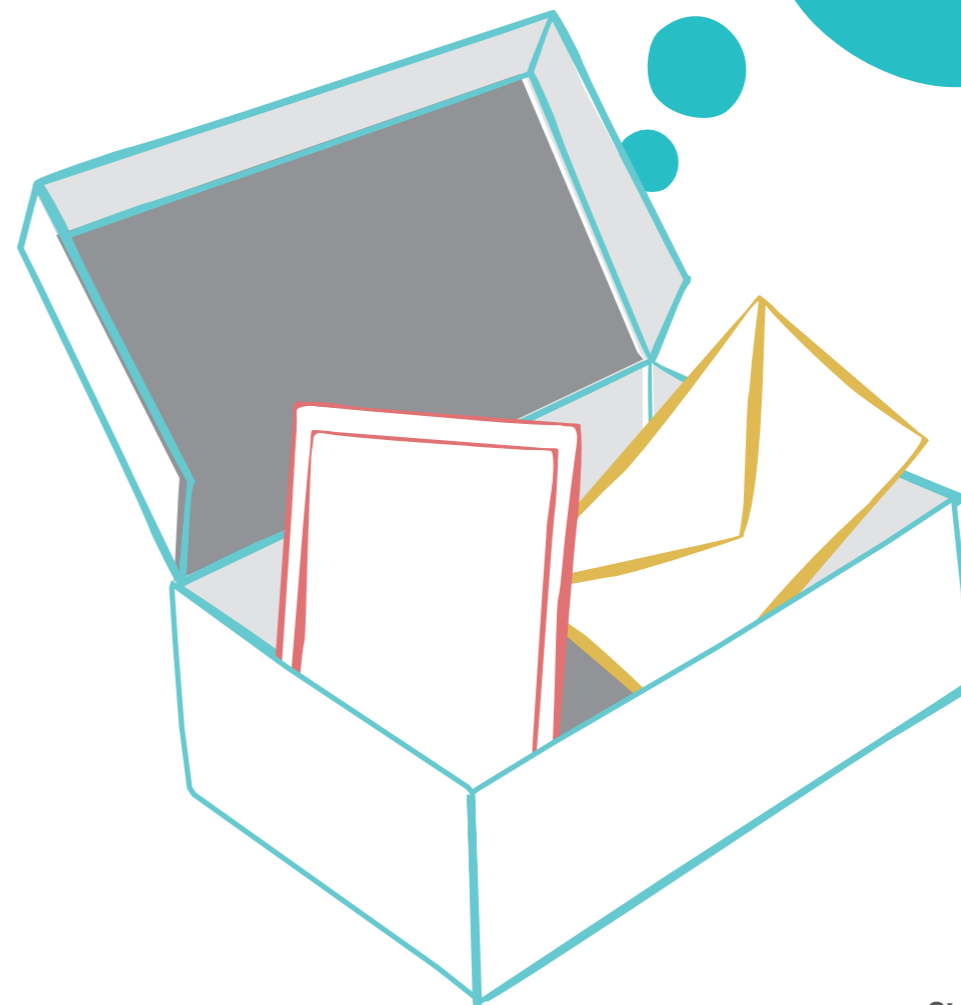
Remembering

Different people have different ways of remembering the person who died.

Here are some examples you can do with someone else or on your own:

"Memory Box"

Find a box you can use and fill it with things that remind you of the person who died. You could fill it with photos, drawings, some of the person's things that you might have or anything that helps you to remember them.



Memory garden

A memory garden is something you can make to remember the person who died. It can be inside or outside. You can make the garden out of painted rocks or pressed flowers, drawings or photos. It's a place for you to remember and you can add to it over time.

"Memory Garden"

To make a Memory Rock you will need:

- ✓ A Rock
- ✓ Paint
- ✓ A Marker

Paint the rock and put it in a quiet place. You could even write a letter or draw a picture to go with it. Add to this memory garden over time.



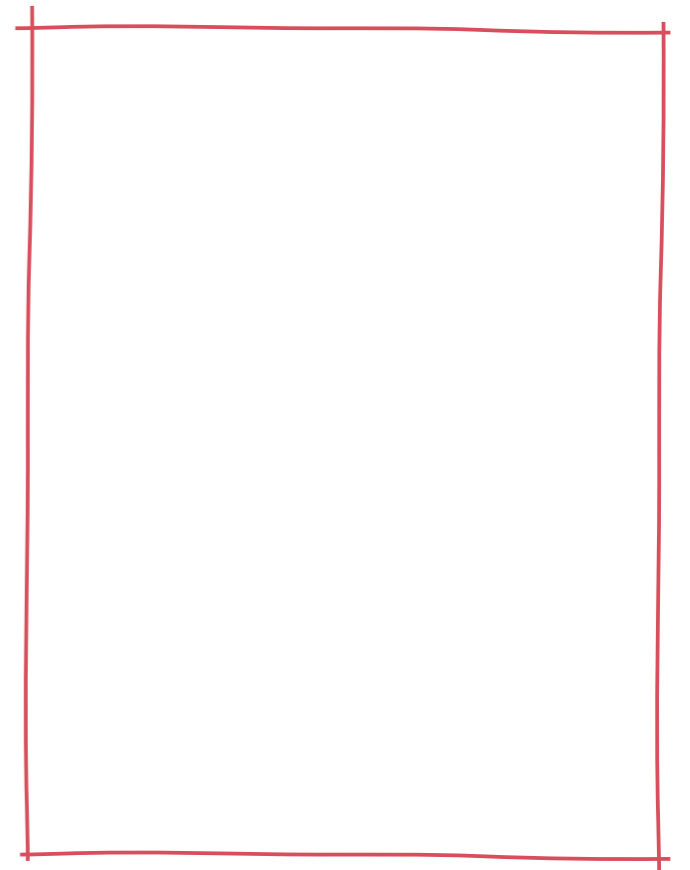
Write a letter

Or draw a picture here for the person who died

Dear: _____

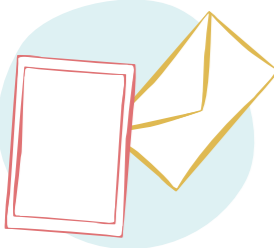



Activity

- Write or draw about
- 1) things you remember or
 - 2) things you wanted to say to the person



Special days

On days such as birthdays, holidays or any day, can you think of special ways to remember the person who died?

 Write a letter			 Listen to music
	 Pick some flowers		
		 Do something you enjoyed doing together	

Activity

Think about what the person liked to do. What music did they like to listen to? What are some good memories you have with the person? Draw circles around the things you might like to do when you're really missing them on holidays, birthdays or special days.

Telling other people

When you're ready, you may want to tell your friends or others about what happened. Sometimes it is hard to talk about, so practising what you might say could help. They might not know what to say, or scared they may say the wrong thing.

1) about what happened

2) how they can help you

Example: "My _____ died but I don't want to talk about why"
Or "I don't know why, please don't ask me again"

Dear...

What would you say to someone who also lost a person in their life to suicide?

What would you say to yourself ?



More space

Use this blank page when you need more room to do the activities or to add your own:



Thinking of the future can feel hard when somebody in your life has died. Imagine you could go into the future a few years from now.



STANDBY[®]

SUPPORT AFTER SUICIDE

This book was developed by **StandBy** to support children bereaved by suicide. There are two age appropriate books in this series.

This book contains information about suicide. The aim of this book is to provide activities to capture memories; explore thoughts and feelings and build positive help seeking strategies.

We thank all contributors who generously provided their time and feedback during the consultation phase. Thank you also to those with lived experience who provided their feedback into these resources.

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1300 727 247 - Support Needs
www.standbysupport.com.au

StandBy – an initiative funded by the Australian Government