



MEDIA RELEASE

11 January 2019

Learn how to support someone impacted by suicide

The Huon Valley Council is holding community information sessions during the month of January about how to support someone impacted by suicide. Huon Valley Council Mayor Bec Enders says the sessions aim to increase community members understanding of suicide bereavement and learn basic support skills.

The Information sessions will be conducted by Standby Support after Suicide in partnership with Lifeline Tasmania. StandBy - Support after Suicide is a community-based suicide postvention program, providing a coordinated response of support and assistance for people who have been exposed to, or bereaved through suicide.

Suicide is a time of immense crisis and the tragedy of suicide loss can create trauma – deeply affecting individuals, families and entire communities.

“These information sessions are important events on the Huon Valley events calendar, Cr Enders said”. In many cases those bereaved by suicide do not know where to turn for help or how to find support that may already exist. The StandBy service provides a reliable, single point of contact coordinating existing services to enable an immediate response.

People can receive face-to-face support provided by skilled StandBy crisis response team members, and referral to a centrally coordinated system of local support services matched to their needs. StandBy also responds to school settings, workplaces, community groups and other types of multiple bereavement experiences.

“Suicide can impact people in very different ways. Losing someone to suicide can be overwhelming and confusing and can present a wide range of emotions. I invite all community members to attend one of the following sessions Cr Enders said:

Tuesday 22 January 2019 Southport Community Centre 1pm-4pm	Wednesday 23 January 2019 Cygnet Sports Centre 1pm-4pm	Thursday 24 January 2019 Port Esperance Sailing Club 10am-1pm	Friday 25 January 2019 Geeveston Community Hall 1pm-4pm
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The StandBy service is provided free to people bereaved by suicide, and is an Australian Government Initiative. To contact the StandBy - Support After Suicide response service in Tasmania telephone the 24-hour StandBy Response Service: 0400 183 490.

Please contact Council's Health & Wellbeing Unit on 6264 0331 for further information on the presentation.

The Huon Valley Council's Rural and Primary Health Program receives funding from the Tasmanian Health Services.

For more information
Bec Enders – Huon Valley Council Mayor
Phone (03) 6264 0300