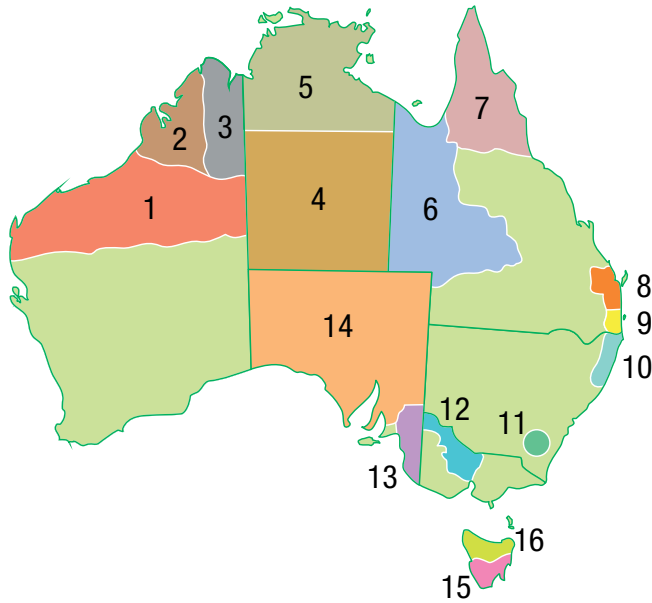


For local support please contact:



Brisbane
 24 hrs Crisis Mobile: **0438 150 180**
 Email: standby.bne@uccommunity.org.au



This information is also available in the following languages:

- Arabic
- Chinese
- Farsi
- Hazaragi
- Nepali
- Vietnamese

24hr crisis mobile phone numbers listed below

| | | | |
|--|---|-------------------------------------|----|
| Pilbara - WA 0438 611 999 | 1 | Brisbane - Qld 0438 150 180 | 9 |
| West Kimberley - WA 0458 889 937 | 2 | North Coast NSW 0417 119 298 | 10 |
| East Kimberley - WA 0488 910 012 | 3 | Canberra - ACT 0421 725 180 | 11 |
| Central Australia - NT 0439 842 155 | 4 | Loddon Mallee - Vic 0439 173 310 | 12 |
| Top End - NT 0418 575 680 | 5 | SA - Country South 0437 752 458 | 13 |
| NW Central Qld 0408 839 711 | 6 | SA - Country North 0438 728 644 | 14 |
| Far North Qld 0459 299 147 | 7 | Southern Tasmania 0400 183 490 | 15 |
| East Coast Qld 0407 766 961 | 8 | N/NW Tasmania 0439 556 660 | 16 |

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How do I contact StandBy?

For further enquiries please contact:

(07) 5442 4277

Email

standbynational@unitedsynergies.com.au



UNITED SYNERGIES LTD

United Synergies gratefully acknowledges the funding provided by the Australian Government

you are not alone

STANDBY
AFTER SUICIDE
RESPONSE SERVICE

The StandBy Response Service

The StandBy Response Service helps people whose family member or friend died by suicide. It doesn't matter if the suicide happened where you live, or somewhere else. We can support you straight away, or if it happened a long time ago.

How can StandBy help you?

The StandBy Coordinator can

- Talk with you over the phone
- Sit with you, your family or friends at your place or somewhere else when it suits you
- Help you decide what sort of help you would like for yourself, family or group
- Explain how you can help your family or friends
- Talk with you about what the police, and other organisations do after a suicide

The StandBy Coordinator can also

- Talk with you about
 - Services that can help people from other countries who now live in Australia
 - Services near where you live that can help you in other ways
- Call to see how you are going over time

How much does StandBy cost?

StandBy's help is free

Feelings after a suicide

When someone has died there are lots of things to deal with. Everybody handles things their own way. Some things you may feel are:



Looking after each other

- Spend time with people who care
- Perform rituals important to you and your family
- Go to places with good memories
- Support family and friends
- It's no one's fault – try not to judge
- Remember the good times

Looking after yourself

- Do things that give you peace,
- Contact your family and friends overseas
- Cook your favourite meal and eat well
- Get plenty of rest
- It's ok to cry

If you feel angry let it out somehow safely

- Avoid drugs and alcohol
- Drink plenty of water



If you or your family are really sad, another thing that can help is talking to someone at the Suicide Call Back Service 1300 659 467 or looking at the website <http://www.suicidecallbackservice.org.au/contact-us>

Telephone Interpreter Service

If you feel you may not understand what the StandBy staff are saying, or they may have difficulty understanding you, please ask them to use the Telephone Interpreter Service by phoning 131 450.