

Guiding Their Way Back Support Groups



Newcastle

Do you support someone who is recovering from a recent suicide attempt?

It could be your child, partner, family member, friend or colleague.

If you are living in or around Newcastle, and are supporting someone who has recently attempted suicide, you could benefit from attending one of our Guiding Their Way Back information sessions or Support Groups.

What are the Guiding Their Way Back Support Groups?

The Support Groups consist of a FREE information session, followed by a FREE four-week education and Support Group, held weekly for two hours per session. The groups provide information and support for people who care for someone recovering from a recent suicide attempt.

Who can benefit from the Support Groups?

When someone you care about attempts suicide, it can be incredibly distressing and leave you with many questions. The groups provide an opportunity to access support, share what you are going through, learn about others' experiences, increase your understanding of suicide and learn practical tips on how to support someone.

What topics will be covered in the Support Groups?

- Information about suicide, suicide attempts and how this can affect you
- Practical tips on supporting someone after a suicide attempt, including how to talk to the person about what they are going through and how to provide practical and emotional support
- Taking care of your own wellbeing
- Where and how to access support services, both for you and the person you are supporting.

The Support Groups also offer the opportunity for you to build friendships and support networks with other people who are going through a similar experience.

Where can I find out more?

For information on when and where you can find a Guiding Their Way Back Support Group, please contact the local branch of Relationships Australia NSW on (02) 4940 1500.

This program has been made possible through funding provided by nib foundation and Greater Charitable Foundation.