

# National Hope Line

Do you need immediate help?

If you have lost a loved one by suicide, we can help. Please call the National Hope Line and talk to one of our trained telephone counsellors.

You may be overwhelmed by different emotions, some of them all at once: denial, shock, confusion, guilt, anger or pain. It is important to realise that you can SURVIVE the pain. There may be times when you don't think you can, but hope makes it possible.

## Get Help

**1300 HOPE LINE**  
**1300 467 354**

24 hours | 7 days a week

# The Lifekeeper Memory Quilt

The Lifekeeper Memory Quilt was created as a memorial to people who have died by suicide.

The Quilt enables people bereaved by suicide to share their personal stories, tributes and photos. While the Lifekeeper Memory Quilt provides a medium to express personal grief, it is also a continuing visual reminder to everyone of the many who are lost by suicide.

By putting a 'face' to suicide, the Quilt helps carry the message that preventing suicide is not just about lowering statistics; it is also about mothers and fathers, sons and daughters across our nation.

## For More Information

W [www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)  
E [admin.hopeforlife@aue.salvationarmy.org](mailto:admin.hopeforlife@aue.salvationarmy.org)  
P 02 9356 2120



Hope  
saves lives

Information, resources and training for those that support people who are at risk of suicide or have lost a loved one to suicide



# Hope For Life

Would you know what to do?  
Would you know what to say?  
Would you know who could help?

Hope for Life is an initiative of The Salvation Army in Australia which is funded by the Commonwealth Department of Health and Ageing – National Suicide Prevention Strategy.

Hope for Life provides information, resources and training for those who support people at risk of suicide or have lost a loved one by suicide.

The Salvation Army Hope For Life Program gratefully acknowledges the financial assistance of the Australian Government Department of Health and Ageing through the National Suicide Prevention Strategy.

## For More Information

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## QPR Suicide Prevention Gatekeeper Training

Question | Persuade | Refer

Three simple steps that anyone can quickly learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognise the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

QPR Training includes

- Myths and facts about suicide
- Some warning signs of suicide
- How to apply QPR
- How to offer hope and support

The QPR Suicide Prevention Gatekeeper Training is accessed through the Hope for Life website and takes approximately one hour to complete on-line.

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)

# QPR

## Living Hope Suicide Bereavement Training

Living Hope is a more comprehensive training program that can be accessed on-line (self-paced) or may be offered in a group workshop setting.

Training covers all aspects of suicide bereavement in order to equip caregivers to support individuals and families through the devastating experience of losing a loved one by suicide.

Areas covered in the training that will help to develop a caregiver's skills include:

- Practical matters to be attended to following the death of a loved one
- The grieving process
- Aspects of spirituality
- The influence and impact of culture on grief
- Understanding emotions

For every suicide, it is conservatively estimated that on average, another six people will be affected by intense grief. (Clark & Goldney, 2000)

"The person who completes suicide, dies once. Those left behind die a thousand deaths, trying to relive those terrible moments and understand ... Why?" (Clark 2001)

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)