



Supporting colleagues
through loss and hard times



Superfriend®

Supporting a workmate through hard times, grief and loss

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INTRODUCTION

Lost.

The word can come up in so many places.

“I lost my house in the fires.”

“I lost my parents to cancer.”

“I lost my relationship when my partner and I broke up.”

“I lost my job.”

We all face loss at some point in our lives. **This booklet is for you if you are a colleague or workmate of someone facing loss** and grief in their life right now.

This booklet is written with a number of goals in mind:

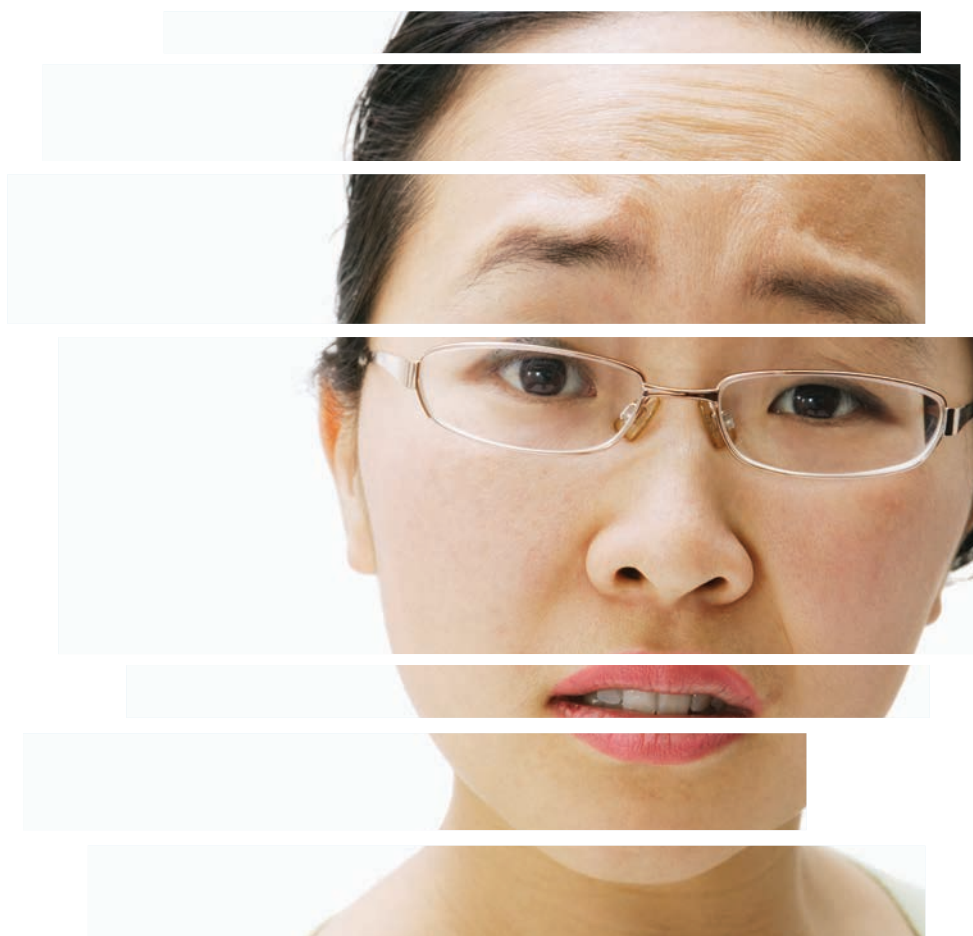
- To give you **information** about the experience of loss and grief, and how it can affect someone's life

- To address some of the **common fears people have** about supporting someone through loss
- To give you **practical tips and suggestions** about what to do and what not to do.

Above all, it is written with a deep respect of what you are trying to do. To reach out to support a colleague is a sign of true mateship and courage. This booklet is written with a genuine honour for the role you are playing in your colleague's life.

SECTION 1

The Five Things You Need to Know About Loss



1. We all have a story of loss

Loss is normal and grief is natural

Consider the following questions: What is your first memory of loss? What was your most intense experience of grief? What have been some recent losses in your life? What loss has most made you the person you are today?

Some of these questions may take a bit of thinking to answer, but all adult human beings on the planet have answers to these questions. Why? Because **we all have a story of loss in our lives**. Yours may be about the death of a loved one. Mine may be about the loss of a job. His may be about the breakdown of a relationship and hers may be about a life-changing illness. Our stories will be unique but the fact remains: we all have a story of loss.

Loss is not a disease. Loss does not mean something is wrong with you. Loss does not mean you have failed in some way.

Loss is a normal, natural event, and **grief is a normal, natural response**. Whenever we experience loss, we also experience grief. So, even though grief can be uncomfortable and painful, it is one of the most natural healing processes we know, similar to the pain felt as a broken bone heals.

As you think about loss and grief be sure to remember that grief is not like chicken pox, where once you have had it you are immune for life. In fact, even if you have experienced a number of losses before, grief often hits us with the same level of shock as it ever had.

Why do we grieve? For the simple reason that the person or thing that we have lost has been important to us. Grieving means that we have put time, energy, love and care into something in our life that is no longer there. Therefore, grief is actually a sign of how much we valued the person or thing that was lost.

2. Loss has many faces; we need to learn to recognise all of them

One of the most recognisable experiences of loss and grief is the death of someone who is special to you in some way. The loss involved is of that person and everything they meant to the people around them. Grief involves readjusting to a 'new world' that does not have this person in it. The experience may be filled with intense feelings, strong physical sensations and all sorts of thoughts and actions that are particular to the experience.



People are sometimes surprised to hear that it is not necessary for someone to die to experience loss and grief. In fact, loss is part of many life experiences. Loss may appear to you as the death of a loved one. But it may also appear as the end of a relationship. Or it may appear in unemployment or retirement, in illness or disability, in moving house, in natural disaster, or in changing work demands.

In fact, in almost any life event that involves some change, loss will probably be present. Change, by definition, means moving from something old to something new, and that means leaving some things behind. If leaving these things behind is seen as negative by the person involved, then they are likely to experience some level of loss and grief.

We must learn that **loss has many faces**. The more we can learn to **recognise the faces of loss** in the many life experiences of change, the better we will be able to recognise and respond to our own and other people's experience of grief.

Losses are also like termites: they rarely exist alone. If one thing changes in a person's life, it is likely that other things will change as well. Each of these changes will have their own losses involved. Take, for example, the loss that happens when a marriage or relationship with a long-term partner ends. There will, of course, be the loss of the relationship with that person, but there may also be loss of time with children. There may be the loss of losing the family home, or even town. There may be financial loss of reduced income or cost involved in the separation.

Therefore, if you or someone else is experiencing a loss in their life, it will probably mean that there are other losses present as well.

3. Everyone's experience of grief will be as unique as they are.

There is only one thing that is an iron-clad guarantee in loss and grief:

Every experience of grief will be as unique as the person experiencing it.

Grief is an experience which can saturate every part of our lives. The ingredients for our experience of loss and grief are emotional, physical, mental and social/behavioural.

- Emotionally we can feel sad, angry, guilty, anxious, powerless, lonely, tired, shocked, numb, isolated and yearning.
- Physically we can experience emptiness in the stomach, tightness in the chest, lump in throat, breathlessness, weakness in the muscles, feeling weighed down, nausea, heart palpitations and disturbances in appetite and sleep.
- Mentally we can have an increased awareness of death, sense of disbelief, confusion, preoccupation with the loss, negative self-talk, flashbacks, and difficulty putting experience into words.
- Behaviourally we can experience anything from social withdrawal, restlessness, crying, sighing, treasuring objects, avoiding triggers of memories, and feeling easily startled.



These lists in no way cover the whole range of feelings, thoughts and behaviours that can be involved in loss, but they give an indication of the variety of experiences. The ingredients that are present in any one person will be unique to that person and will mix together in a unique way. Therefore, one of the best things you can do for a person is **to give him or her the time, space and permission to grieve in their own way.**

Some of the things that will affect what ingredients will be present and how they mix together will include:

- **Culture.** The expression of grief and the rituals that surround a loss are often closely tied to one's culture.
- **Gender.** The different genders, both by nature and the way they are nurtured, often have different ways of relating to loss and grief, and these need to be acknowledged when someone is going through these experiences.
- **Other things going on in life.** Loss affects the rest of our lives, but it is also true that the rest of our life will affect the way we experience loss and grief.
- **Past experiences.** What we have experienced so far in life – including our past experiences of loss and grief – will affect the way we grieve.

4. People can and do heal from loss; but, like all healing, it is a journey that takes time.

How can something be healing if it hurts?

While it is difficult to understand as a child, with experience we can learn the healing value of pain. The sting of antiseptic cleaning a cut. The shivers of cold trying to warm your body through movement. The pains in a muscle as you exercise it to make it stronger.

While these examples are from the physical world, the same is true for loss: **people can and do heal** from the pain of loss and grief. Amazingly, many people also come to talk about grief as an experience of growth.

While this is the case, the healing that happens through grief happens over time rather than in an instant. Therefore, **the healing that happens in grief is a journey.** Knowing the destination does not necessarily make the journey easy, but it does give the journey a purpose.

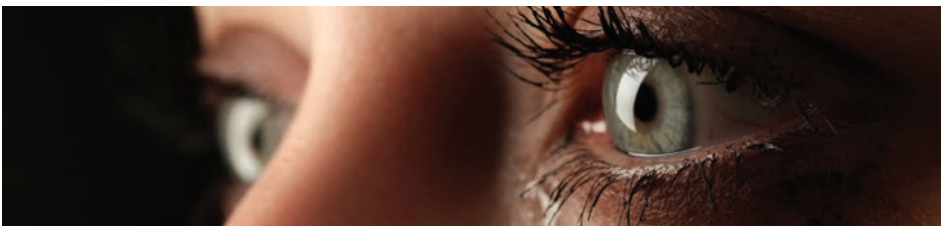
The journey of healing involves:

A process. Healing takes time. There is no set time limit on grief; people must be allowed however long it takes them to go through this process.

Ups and downs. Like the body healing, there will be both successes and setbacks. Ups and downs along the journey can be expected.

Integration. Even from our earliest years, our experiences of loss are written in as a key part of our life story. Just like a bone reshapes and adjusts as it heals, loss reshapes our lives. Through grief, our losses become a particular chapter written into our life story.

Sometimes, long term scars. Even when healing occurs in our bodies, we will always be different because of the injury. Loss, too, can leave scars. These scars can both be difficult to live with, as well as being a sign of the journey we have made.



5. Loss often feels like you are powerless and out of control.

Most of us like to sit in the driver's seat of our own lives. We like to have control over the direction we are going. We like to control the speed we are travelling. We like to be able to predict our own journey, to read the signs in our life for ourselves and to respond the way we like to respond.

The experience of loss can feel like being in a car where you suddenly have no control. It is like the steering wheel has been ripped out and the windscreen has been painted over. You might feel like you are speeding up or maybe you feel like you are jerking to a halt suddenly. Things you assumed would always be there are suddenly no longer there. Things you used to be able to predict are now unpredictable.

In this way, **loss threatens our sense of safety and control**, and often leaves us feeling **powerless**. In fact, it is not uncommon for people to say that this is one of the most difficult parts of an experience of loss.

Different people will react in different ways to this part of the grief experience, just as people would react in different ways if the steering wheel was suddenly pulled from the car they were driving. It is important to remember that you are used to seeing people when they are travelling smoothly and in control. In an experience of loss, people may think or behave differently to how you have seen them before. Remember that they are likely feeling out of control and powerless, and much of this behaviour should be understandable from this point of view.



What loss isn't – Addressing myths

The experience of loss and grief is also surrounded by a number of myths that can be unhelpful unless they are addressed.

Myth: Grief has a universal structure and timeline.

This myth suggests that grieving follows a set structure and is generally 'finished' after a certain amount of time. While there are often some common tasks and stages that occur during grief, not every person will approach them the same way, and different people will take different amounts of time to heal through their grief.

Myth: It is important to get over grief as soon as possible and move on with your life.

Encouraging people to 'get over' and 'move on' from their grief is a bit like telling someone just to 'walk off' their broken leg. Grief is actually the process of healing and growth. Ignoring the pain won't make it go away. Allowing it is an important part of healing.

Myth: The more you cry, the more you are grieving what you have lost.

Tears are a very natural and healthy response to loss. However, they are only one response, and different people will find different ways of expressing their grief.

Myth: You just need to be strong and you will be fine.

Loss is part of life, but there is no way of predicting how you will react when you/ encounter it. Even if you have met many loss experiences in your life, each can be quite unique and can feel just as intense. If your reaction is to feel sad, frightened or hurt, that does not mean you are being 'weak'.

SECTION 2

Common Fears



'No one ever told me that grief felt so much like fear.' C.S. Lewis

Since loss often leaves us feeling powerless and out of control, it can be a frightening experience. Therefore, helping someone through an experience of loss and grief can also involve certain fears about helping them. Below are a list of some common fears and some things to think about in dealing with these.

'I don't know what to say.'

This is a very common fear, but there are two things to remember. Firstly, when people are going through a tough time, often they do not need wise thoughts or powerful words. What they need is a connection with another person and someone with them. Secondly, people often don't remember what was said to them, rather the fact that someone made an effort to connect with them. Something simple like "I was sorry to hear about what happened" or "I just want to let you know I'm thinking of you" is often enough, and more effective than saying a lot about the loss.

'What if they get emotional?'

Loss and grief involves strong emotions and is something that most of us are not used to dealing with in everyday life. Remember that grief is like waves at the beach. At times a big wave will come and overwhelm us, but that wave won't last forever. If your colleague gets overwhelmed with emotion, just be prepared to sit with them until it passes.

'What if they have questions I can't answer?'

Loss is full of questions that are difficult to answer. If your colleague has a question you can't answer, be honest. Say things like, "I wish I had an answer for you. Is there something we could do together to find that answer?" Remember that supporting someone is more powerful than knowing all the answers.

‘I’m worried I will feel helpless/ powerless.’

As human beings, we have an instinct to try to make things better, particularly when people are hurting. At times you may feel frustrated in helping a colleague go through loss and grief because there may be little you can do to make things better. If this happens, try to be patient, like a doctor waiting for a bone to heal. While you cannot make the healing happen, you can be with the person as it happens, helping them to cope until the healing takes place. Also, don’t assume what sort of support the person will need – ask them what would be helpful.

‘What if they refuse my support?’

You may come across a situation where your colleague may not accept the support you are offering. Remember that it is their right to accept or refuse any support you offer. If they do refuse your support, consider that they are probably doing this for their own reasons, and that they meant no offense to you. Read further on about the importance of asking for permission in offering support.

‘I don’t think it is my place to offer this person support.’

There may be some wisdom to this statement. Perhaps you do not have a close relationship to this person. Perhaps you have experienced some conflict in the past that would make supporting this person inappropriate. There are two thoughts on this. Firstly, if you still feel the desire to support this person, remember there are many ways to reach out, and perhaps you might do this in a more indirect way. Secondly, there may be others in a better position to reach out to this person, so your role may be to support those people rather than your grieving colleague directly.



Reaching Out



The single best thing that you can do for someone who is grieving is to reach out to them in a way that is natural for you to do. Don't leave it up to the person who is experiencing loss to come to you. Be brave and make the first step.

Remember that grief is often a lonely experience. Therefore, whenever you make an effort to reach out, you create the potential for your co-worker to feel more connected, understood and supported.

Of course, how you reach out will depend upon your own skills and personality and the relationship you have with your colleague. Here is a list of 20 ideas for you to reach out to someone who is experiencing loss. Be aware that some of the things listed here suit different types of loss (e.g. bereavement, natural disaster, relationship ending, etc.) better than others. Also, for some of these suggestions it might be best to ask them whether they would like you to support them in this way, before acting on it, e.g. 15 and 20.

20 Ideas to reach out.

1. Send a card
2. Give them a phone call
3. Send a text message or an email
4. Offer to cook a meal that they can reheat or freeze for later on
5. Attend the funeral
6. Investigate whether you can donate some sick leave to the person if they need time off
7. If their house is damaged, offer to help to clean up/rebuild, and organise others to do the same
8. Offer a place to stay if their home is unliveable or unavailable
9. Help your colleague fill out insurance claim forms
10. Spend time talking with the person over the things that were lost
11. Offer to mow their lawn or do other handy jobs around the house
12. Organise to send flowers from the workplace
13. Offer to look after children or pets for a time
14. Invite them on a social outing (lunch, movie, a coffee or a walk)
15. Organise for people to cover their duties at work, and then let him/her know that this is happening
16. Read up on grief and loss and give this information to other people in the workplace
17. Ask your colleague if they would like to talk to someone about the loss
18. Arrange for ways of staying connected to someone who is facing unemployment
19. Organise a hamper
20. Arrange for someone to be with your colleague on special days (e.g. anniversaries, birthdays), if your colleague would like that.

Coming up with your own ideas of reaching out.

It is important that you reach out in your own way. If none of the ideas listed above suit you, consider some of the following things in working out how you want to reach out to your workmate who is dealing with grief and loss.

- Consider the **relationship** you have with the person. Are you their friend? Their colleague? Their acquaintance? The relationship you have with the person will help determine what an appropriate level of involvement with their grief is. Also remember that you are the person's friend, not their therapist, so you don't need to have professional skills to help your colleague.
- Consider your own **skills and personality**. There is always a way to reach out that suits your own skills and personality. If you are a great listener, listen. If you are a cook, make a meal. If you are handy, mow their lawn. If you are crafty, make a card.
- Consider the **nature** of the loss. Different losses have unique challenges and therefore need their own type of support.
- Consider the person's own wishes. If you are not sure what to do to support them, ask them. Suggest some ideas and see what they would like to have happen.

SECTION 4

Do This



This section contains some of the most important things to keep in mind as you support someone through grief and loss.

Do ask permission.

Grief often leaves people feeling powerless and out of control. Therefore, one of the most powerful things that you can do is to help restore some sense of control in your colleague's life.

Something that is important is to **ask their permission** for anything you do.

While you may be eager to help, it is very important that you ask your colleague for permission to offer any support you want to give.

It is helpful to begin with a statement that states your desire to help as well as your desire not to be a burden to this person, such as: *"I want to be here to help, but I don't want to interfere"*. Then all it takes is a simple question such as: *"Would you like to talk about this or are you alright for now?"*, or *"Would this be helpful to you or would you prefer to just leave it for now?"*

Do give permission.

Another important thing that you can do for your colleague is to give them the **permission to grieve** how they would like to grieve. Let the person know that their grief is as unique as they are. There will be many people in your colleague's life telling them what they should be doing, so you can do something different and reassure them that they are alright just the way they are at the moment.

Be patient with the process of healing. There is no magic timeline for grieving. The healing process is again unique and may take weeks to months to years. Be patient with your colleague and their own journey. By doing this, you will show them that they have as much time as they need to heal, while giving them support along the way.

Do listen more than you talk.

Underestimating the importance of listening to the healing process of grief is like underestimating the importance of cement to a brick wall. Many people say that it is people taking the time to listen that is the glue that holds their life together during an experience of loss. Taking the time out of your day to listen – whether it is for 5 minutes or 50 minutes – is the most powerful way you can help someone through grief.

Listening in a non-judgemental, understanding way also helps people to feel that what they are going through is normal.

You can show understanding both through being aware of some of the common elements of loss and grief (think back to the 'Five Things you should know about Loss' at the beginning of this booklet), but also through listening carefully to your colleague's own unique experience of grief.

When you can respond to someone in a way that shows you have really been listening to them, people feel valued, cared for and supported.

Do involve others.

One of the best things you can do is activate a team of support around the person who is grieving. Therefore, your role may not just be to reach out to your colleague yourself, but to encourage and co-ordinate others to reach out as well.

Sometimes you may not be the best person to support your colleague. If there are others who are closer to your colleague, one of the single best things you can do is support them as they support the person who is grieving.

Perhaps you are not the most appropriate person to make contact with the person grieving, but there may be someone else that is. You might not have the skills to offer practical support, but someone else might. By encouraging this team of support, you are able to help your colleague through their grief.

Do walk the person through setbacks and toward milestones

Grief is a healing journey. Along the road there will be potholes and setbacks, as well as milestones and turning points. A role you can play in the life of your colleague experiencing loss is to travel side-by-side with them through the setbacks and toward the milestones.

Setbacks are anything that causes a block in the healing process of grief. Naturally they will be unique to the person and the situation. Travelling side-by-side through setbacks may involve you being prepared to help the person practically during these times, remaining hopeful in the face of the setback, and acknowledging the frustration of the setback.

Milestones are any point in the journey which the person can work towards and gain a sense of achievement when they are reached. Milestones can be anything from getting through the first day after the loss, to getting back to work, to getting through a particularly difficult event (e.g. the funeral, an anniversary or birthday), to achieving some sense of overcoming the loss (e.g. rebuilding a house that was damaged.)

Milestones are critical in the healing process, and travelling side-by-side with your colleague to get them to these milestones is a wonderful way you can support them.

Ask them about what milestones they are working toward with their grief. Offer any support you can give to help them achieve these milestones. If appropriate, be with them when these milestones are reached. Help them celebrate and reflect on reaching these milestones.

Do keep things confidential.

Most of us are familiar with workplace gossip and how destructive it can be. When someone has experienced a loss, gossip and rumours are quite common. If your colleague who is grieving has trusted you enough to share something personal with you, be sure that you keep that to yourself. Sharing this with others could be seen as a betrayal of that trust. The only exceptions would be if the person gives you permission to share it with others, or if keeping it to yourself was somehow unsafe to you, your colleague or other people.

SECTION 5

Don't Do This



This section contains information on things to avoid when supporting someone through loss and grief.

Don't ignore the person or their grief. Connect instead.

Many people talk about recovering from loss as 'piecing their lives back together'. Unfortunately, people often find that when they experience a loss, some of the other pieces in their life go also. These pieces are the people who become distant or who ignore the experience of loss in their life.

There are **many reasons** why people might ignore the grief of another person. Some people feel confronted by the thought of loss and so feel scared to say anything. Some people feel embarrassed or awkward so they shy away from the person who is grieving. Some people are worried about being overwhelmed and thus divert the conversation away from loss and grief. Some are worried that they will say the 'wrong' thing, so they would rather not say anything at all.

If you want to help a colleague through their experience of grief and loss, be careful not to ignore them or their grief. You don't need to always be talking about the loss to be connected, remain in their life just as you would have been before the loss.

Also remember that it is helpful that the person also experiences a broad support base. The more connections that someone has, the less likely it is that one person will end up overwhelmed and burned out. Try to foster and encourage these multiple connections.

Don't ask or explain why. Listen instead.

There are often many unanswered questions in a time of loss and grief. Loss is often difficult to understand and there are many elements to it which are a mystery. In short, people are often left asking, "Why?"

While this is the case, it is important not to ask your colleague who is grieving 'Why' questions, or to offer explanations of 'Why' something happened. Try to avoid:

Asking them questions beginning with 'Why' (e.g. Why do you feel this way?, Why do you think this happened?, Why is this so hard?). These questions are difficult to answer and may leave the person feeling judged.

When offering explanations and answers to their 'why' questions, it is important to avoid clichés, simplistic explanations and highly rational explanations. It is OK to say that you don't know the answer to their questions. If someone is asking 'Why', they need to come to their own understanding of the meaning of the loss, not just clichés. What you can offer is an acknowledgment of their feelings and an interest in their personal story, which will always be more useful than clichés.

Don't give directions. Give options instead.

A word that is nearly always unhelpful in grief is the word "should." When someone says the word "should," what they are doing is giving an instruction. Given that grief is a normal, natural, unique healing process, the word 'should' does not have a place in helping people.

In particular avoid telling people:

- how they should be feeling,
- what they should be doing,
- that they should be 'over it by now.'

If your colleague is stuck and looking for ideas, you can play a very important role by helping them **explore their options**. By focusing on options rather than giving them commands or demands, you respect their choices and communicate confidence in their ability to run their own lives.

Don't forget: continue contact.

One of the most destructive myths around grief and loss is that after a certain time people should 'be over it'. There is no timeline on grief. Some people heal through grief quite quickly, but more often than not it takes a longer time than what people acknowledge.

Take, for example, rebuilding after a natural disaster. While the media coverage fades after a number of weeks, people are often left to rebuild for months and even years. Even after the rebuilding has finished, there may still be a process of grief for what has been lost, meaning that the grief experience can extend for years after the event.

Many people will be after support during the first weeks of the loss. An act of true mateship is to keep reaching out to the person over the months and even years after the loss to see how they are healing through their grief. Certainly, after time you may make contact less frequently, but any contact you make in a continuing way is better than nothing, and will be valued as precious by your colleague.

It will be much easier to offer ongoing support if there are as many people as possible reaching out to this person from the beginning. The more you spread the load of offering support, the more

sustainable your efforts will be, and you will have a better chance to continue contact over a longer period.

Don't forget: care for yourself.

Remember the saying that a good carpenter always takes care of his/her tools?

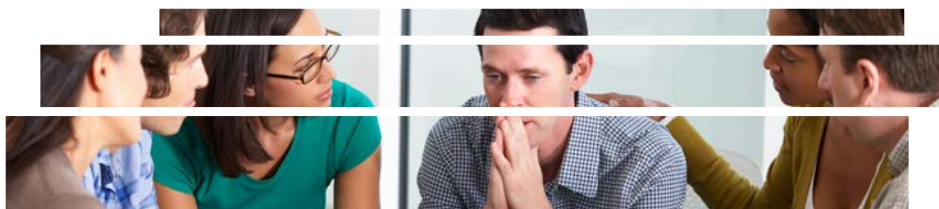
Reaching out to a colleague when they are grieving is a remarkable gift you can give to a person. However, it is important to recognise that sometimes it can be tough to help others. Helping out practically can leave us feeling tired; listening to people emotionally can leave us feeling sad or low.

This is why it is important to care for yourself while you are caring for other people. It is just like a carpenter taking care of his tools. In fact, looking after yourself is one of the best things you can do to care for someone else; it means that you will have the ongoing energy and strength to help them.

An important part of this is knowing what your limits are. We all have limits to our time, our energy and our skills. By knowing the limit of what you can do, and by not going beyond that limit, you can avoid doing damage to yourself and the other person.

SECTION 6

Do Say This. Don't Say This.¹



Do say this...

Here are some things that are generally helpful to say to someone facing a loss:

- I heard about...I am sorry for your loss.
- I wish I knew the right thing to say. I just want to tell you I care.
- You're not inconveniencing me.
- What is said between us will stay between us.
- I don't know how you feel, but I am here to help in any way I can.
- You will be in my thoughts.
- I am always just a phone call or an email away.
- We all need help at times like this, so I will be here for you.
- If you need anything, just let me know.
- Nothing. Rather, just sit side-by-side with your workmate.

Don't say this...

Here are some things that are generally unhelpful to say to someone facing a loss:

- At least she lived a long life, many people die young.
- This is why this happened...
- He is in a better place.
- She brought this on herself.
- There is a reason for everything.
- Aren't you over him yet? He has been dead for a while now.
- You can still have another child.
- I know how you feel.
- This is what you should do...
- Be strong. It will get better.

1. Adapted from <http://grief.com/helpful-tips/the-10-best-and-worst-things-to-say-to-someone-in-grief/>

Who else can help?

Grief is a normal, natural process, but that does not make it easy.

If your workmate is feeling like their life is becoming **too difficult to manage** because of their grief, or if you are struggling with your own emotions supporting them, it may be **time to seek some extra support**.

There are many different ways that you or your colleague can get extra support:

- Make an appointment with a counsellor or psychologist. Counselling is an excellent way to process and work through grief, particularly if it is becoming difficult to manage. If they don't know how to find a counsellor or psychologist, they can speak to their local GP.
- Look for support groups either in their area or online. Connecting with other people who have gone through or are going through a similar experience can be beneficial and strengthening.
- Explore whether your workplace can give them (or you for your own experiences) access to an Employee Assistance Program (EAP). These programs exist to help employees in emotional adjustment, and can give you access to resources for support.
- Use anonymous crisis support services such as Lifeline's 24 hour 13 11 14 phone service or the online Crisis Support Chat.

OTHER RESOURCES

SuperFriend

SuperFriend is a national mental health promotion foundation that helps “all profit to member” profit superannuation funds to promote and support improved mental health and wellbeing for their members, through the workplace. SuperFriend aims to reduce the incidence of suicide and the impacts of mental illness on individuals, employers, workplaces, family and friends.

SuperFriend works collaboratively with the mental health sector to develop and promote mental health information, resources, programs and research within workplaces. By improving the understanding of mental health and mental illness in the workplace, SuperFriend influences the policies and practices that foster healthy, supportive work environments.

For further information please visit our website: www.superfriend.com.au

Lifeline

13 11 14 – 24/7 crisis support

Online Crisis Support Chat, information resources & service finder www.lifeline.org.au

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Somewhere in Australia there is a new call to Lifeline every minute. Our volunteers answer around 1800 calls everyday. Sadly up to 50 of these calls are from people at high risk of suicide. Suicide remains the leading cause of death for Australians under the age of 44. We all have a role in preventing suicide. Each dollar you give helps us save lives. Need crisis support now? We're here to help. Call 13 11 14 or chat to us online at www.lifeline.org.au

Australian Centre for Grief & Bereavement

www.grief.org.au

Australian Psychological Society

www.psychology.org.au/for-the-public/Psychology-Topics/Grief

Trauma and Grief Network for Indigenous People

<http://tgn.anu.edu.au/resource/indigenous/>

GriefLink

www.grieflink.org.au

Grief Line

www.griefline.org.au



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