

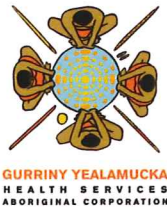
A PERSONAL STORY

I remember the first time I saw a suicide happen, I was a teenager then, the experience was stamped in my mind and heart for a long time.

When it happened, I felt numb with shock and fear, I couldn't even think clearly. The whole air around me felt heavy. I think everyone in the community was affected by what happened, it was a really sad time.

For the next 6 months, sadness, shock, despair and hopelessness were powerful feelings that I felt in my life. It was hard to talk about what happened, I hid my feelings about what happened so I didn't talk to anyone about it. I was afraid that if I talked about it someone else would kill themselves.

I felt like I was always walking on broken eggshells, it was really scary. It took many years for good healing to take place in my life.



THE DR EDWARD KOCH
FOUNDATION

Adapted from the Healing Our Way Project
- a partnership between the Dr Edward Koch
Foundation and the Yarrabah community

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Email: admin@kochfoundation.org.au

Websites:

www.suicidepreventionfnq.org.au

www.kochfoundation.org.au

After Hours:

Phone Police

Lifeline 13 11 14

Hopeline 1300 467 354



Life Program



After a suicide

AFTER A SUICIDE

When someone dies by suicide there are so many things to deal with. Everybody handles this in their own way. Some of these ways are:



Feeling shame/
guilt



Feeling angry/
blaming self
or others



Feeling numb/shocked
/holding back/silence



Feeling sad/
hopeless
or a failure



Feeling confusion

HEALING WAYS

It is normal to feel things, but there are ways of healing:



Be with people who
care. Talk to someone.



Take care of yourself.
Eat well. Avoid alcohol
and drugs.
Get plenty of rest.



It's okay to cry.
Express your anger safely.
Do some gardening/go
for a walk.

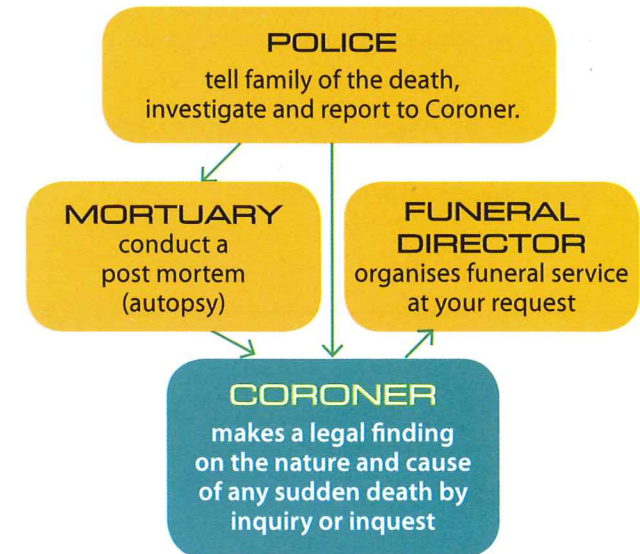


It is no-one's fault.
Try not to judge.



Do things you enjoy. Go fishing.
Watch a movie. Remember
the good times.

WHAT WILL HAPPEN?



An **inquiry** is based on police and post-mortem reports (6 months). An **inquest** is a court hearing with witnesses (18+ months). If you feel comfortable talking to the police, they are there to **HELP**.