

Personal stories from people from different cultural backgrounds

"Everyone crowded around me. The other women wept openly. They held me as I wailed and screamed out loud. Someone started chanting. The others did too. I knew the people around me were there for me."

"How could he have done this? How could he have been so weak? How could he have brought such shame to our family? No one spoke about it and everyone avoided me. I didn't know who to go to. They too didn't know how they could help."

"Everyone wanted to help. Some people whom I didn't even know said they could help me. They said it would help to get it all out. I didn't want to trust any of them. I just wanted to be left alone."

"I turned to God, looking for answers. It was a sin. I was angry at him and at God. How do I bring myself to forgive either?"

"I know that she's at peace now. Everyone used to make fun of us here. She was not happy here. We were never accepted by the community. I can understand her wanting to be in a better place, but things are so much harder now without her."

"My friend and I sat together. Holding and hugging one another. Neither of us said a thing. We sat like that together for many hours on many different occasions. It made me feel good."

Remember: We can heal our way!

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Lifeline Community Care Far North Qld



Adapted from the Healing Our Way Project
A partnership between the Dr Edward Koch Foundation
and the Yarrabah Community



THE DR EDWARD KOCH
FOUNDATION

Illustrations by Hayley Gillespie



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Crisis Line

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Email: admin@kochfoundation.org.au

Websites:

www.suicidepreventionfnq.org.au

www.kochfoundation.org.au

CONTACTS

Police 000

Mobile phones with no coverage 112

Lifeline 131114

Lifeline Community Care FNQ (Face to Face Counselling)

4050 4955

Hope For Life 1300 467 354

Telephone Interpreting Service 131450

Kids' Helpline 1800 551 800

Parents' Line (8am - 10pm) 1300 301 300

An initiative of the Far North Queensland
Suicide Prevention Taskforce



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 confused

WHAT CAN HELP!

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



Be with people who
care. Talk to someone.



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



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



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.

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**.