



## Richmond River Express Examiner

Wednesday 6/04/2016

Page: 12  
Section: General News  
Region: Casino NSW, AU  
Circulation: 13332  
Type: Regional  
Size: 227.00 sq.cms.



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# Help children deal with loss

## Free workshop to understand how our kids grieve

EDITOR

**SUSANNA FREYMARK**

UNDERSTANDING and talking to children who have lost a loved one or a family relative through suicide is not easy.

Worse though is saying nothing and assuming the child is alright.

It is important that the opportunity to attend this free workshop on Supporting Children After Suicide reaches as many people as possible.

North Coast NSW StandBy Response Service co-ordinator Rose Hogan, in collaboration with Mijung Jarjums: Kids in Mind program, will run the workshop to provide a better understanding of the impact of suicide, trauma and loss on children.

"A submission to the National Children's Commissioner Inquiry into Suicidal Behaviour noted the challenges for children who have lost a parent, other

relative or close friend to suicide," Ms Hogan said.

"Knowing how to speak to children about this kind of loss, particularly for someone struggling to come to terms with it themselves, is a very difficult task. This workshop provides information about the impact of suicide and how to support children who have been affected."

The workshop aims to raise awareness about

resources, including practical hands-on activities and support services

available for children and their families.

The workshop will be especially useful for those directly engaged with bereaved children including social workers; counsellors, psychologists, health, welfare and education professionals, youth and family providers and any of those responding to family and friends

bereaved by suicide. Places are limited and early bookings are recommended.

The North Coast NSW StandBy Response Service, supported by the Northern Rivers Social Development Council provides 24/7 crisis support to those affected by suicide including children.

StandBy is a national suicide prevention program funded by the Australian Government and available in Casino, Kyogle and Tabulam.

**Supporting Children After Suicide – A free workshop at Goonellabah on Wednesday April 27**

**At Invercauld House Goonellabah from 9am – 12.30pm.**

**RSVP by Monday April 25th to [jo.grenfell@nrsrc.org.au](mailto:jo.grenfell@nrsrc.org.au) or call 02 6620 1800.**

**If you or someone you know is bereaved by suicide contact NSW North Coast StandBy call 0417 119 298.**

**For additional support contact the Suicide Call Back Service 1300 659 467 or Lifeline 131 114.**