

ARBOR

Active Response Bereavement Outreach

ARBOR is a support service for people bereaved by suicide. It works closely with other support services and the community to provide:

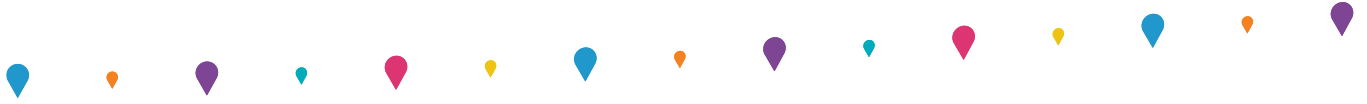
- ◆ Peer Support - Spend time with a trained volunteer who has been there. Peer Supporters have been bereaved by suicide in the past and are here to help those newly bereaved.
- ◆ Counselling - Short to medium term counselling with professional grief counsellors
- ◆ Home Visit - A grief counsellor and peer supporter can visit bereaved families at their home and provide initial support.
- ◆ Support Groups - A safe and supportive environment where family members and friends can share experiences with other bereaved people.
- ◆ Referral Advice - Professional advice and support with referrals for on-going support
- ◆ Support in the workplace - This service provides support for anyone in the workplace affected by suicide.

Typical Grief Reactions

Grief is a natural response to loss. Grief after suicide is similar to other kinds of sudden loss however some facets are unique or may be stronger and longer lasting. These can include:

- ◆ Trauma
- ◆ Shock
- ◆ Numbness
- ◆ Guilt
- ◆ Feeling rejected
- ◆ Relief
- ◆ Intense emotional pain
- ◆ Loneliness
- ◆ Anger and rage
- ◆ The search for why

It is normal to feel these emotions and many more. ARBOR can walk alongside you through this difficult time and provide additional support if needed.



Suicide Bereavement

For every death by suicide, it is estimated that a minimum of 10 people are intimately affected by the loss. Many more are also affected by what has become known as the 'ripple effect' - friends, workmates, team mates, teachers and so on. On average there are over 250 deaths by suicide each year in Western Australia, leaving at least 2,500 people grieving and many more affected by these losses.

Most commonly if people bereaved by suicide try to seek help they find it difficult to navigate through both their grief and finding the appropriate resources and services. This can be frustrating and upsetting when people are passed from one service to another without assistance.

How ARBOR Operates

ARBOR accepts referrals from agencies in the Perth Metro area and has an established referral relationship with the Coronial Counselling Service. Individuals and families can also refer themselves and/or a family member or friend. Referrals can be made by contacting ARBOR on 1300 11 44 46.

ARBOR is a free service.

Contact us

23 Adelaide Tce, East Perth

T 1300 11 44 46

E arbor.bereavement@anglicarewa.org.au

Or for crisis support

For after hours or public holidays contact:

Samaritans 08 9381 5555

Lifeline 13 11 14

Kid's Helpline 1800 55 1800

Crisis Care 08 9223 1111

Suicide Call Back Service
1300 659 467

Mental Health Emergency Response Line

Metro: 1300 555 788

Peel: 1800 676 822

Outside metro: 1800 552 002



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