

Support Group Meetings

The support groups meet on the fourth Wednesday of every month.

You can attend the morning group (Teal) or the evening group (Purple).

Teal Group
9:30am-
11:00am

Purple Group
7:00pm-
8:30pm

Location: Community Room,
Wangaratta Library,
21 Docker St, Wangaratta

Other Support Services

Lifeline 131114

Suicide Callback Service 1300 659 467

SuicideLine Victoria 1300 651 251

Wangaratta Area Suicide Prevention (WASP)

WASP is a community group reducing mental health and suicide stigma across the Wangaratta area.

The one of the ways WASP is doing this is by offering a support group for those bereaved by suicide.

WASP meets on the third Thursday of every month

New members welcome
Location: Community Room,
Wangaratta Library
21 Docker Street, Wangaratta

For more information, please email
wangareasuicideprevention
@gmail.com

Or follow the QR code below to the
WASP Facebook group - I'd Rather
Listen to you than your Eulogy



Support Group for those Bereaved by Suicide



Aims of the Support Group

- Provide an environment for people who have lost a loved one to suicide to meet in safety and comfort
- Provide a supportive and understanding setting for the group to communicate their feelings and needs to others, and give and receive support
- Assist group members in using self help strategies and understanding the recovery process
- Encourage social interaction and provide hope and motivation to people by the presence and participation of group members

Benefits of participating in support groups

- Recovery processes
- Mutual empathy and support
- Reducing isolation
- Sharing of experiences and self disclosure
- Hope
- Normalising and validating feelings
- Social development
- Access to practical information
- Sharing wisdom and strategies

WASP Support Group Guidelines

We are people who have all lost a loved one to suicide. We share our experiences, struggles, understanding, strength and wisdom.

We listen and express our feelings
We do not prescribe, diagnose or give advice;
we share our learnings.

- **Anonymity** - group members can choose to remain anonymous or share their name
- **Confidentiality** - everything that is shared during a meeting is confidential (an exception to this is where there is a duty of care)
- **Respect** - each person will have the opportunity to share their experiences as much as they wish; safely, and being mindful of language and tone used
- **No side conversations**
- **No explicit details**
- **Sobriety** - participants are to be free from alcohol and illicit drugs during the meeting
- **Mobile Phones** - Please switch to silent or turn off

Format of the Support Group

The WASP Support Group for those Bereaved by Suicide is an Open group.

The group:

- Is available to anyone who is bereaved by suicide, whether it be a recent loss or many years ago
- Is an ongoing monthly group with the option of being part of a day time group or an evening group
- Includes guidelines to ensure safety and comfort of all participants
- Is a place for people to share and support one another, and participate in activities and discussions
- Provides a cuppa break and chat
- Leaves people with practical tips
- Is free to attend
- Does not require registration, just turn up

**A safe space
for people to share their
experience in a
supportive environment
free of stigma or
judgement.**