

# After Suicide Supports



wellways

1300 111 400 | [wellways.org](https://www.wellways.org)

# After Suicide Supports

When your life has been touched by suicide, it can be hard to know what assistance you need or to find the support you want.

Wellways After Suicide Supports are a part of the Murrumbidgee Suicide Prevention Program and can help connect the bereaved with supports at a place and time when they need it the most. Supports can include material aid, emotional support, written resources, guidance on how to speak to children or loved ones about their loss and referrals to relevant support services.

After Suicide Supports are available to anyone living in the Murrumbidgee who is bereaved by suicide regardless of where or when the person passed away.

**To access support for yourself or someone you know, contact Wellways on 02 59 255 911 or use the following support numbers and web pages:**

**Murrumbidgee Accessline 1800 800 944**

[www.wellways.org/our-services/after-suicide-support](http://www.wellways.org/our-services/after-suicide-support)

[www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

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Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.