

Getting help

How to reach us

Please contact NALAG or NSN by phone on 02 6882 9222. Centre staff will be pleased to discuss your needs or questions and review available options.

NALAG is located in Welchman Street, Dubbo, turn off Myall Street at Maniera Plaza into Welchman Street. Please call the Centre to make an appointment.

Hours

NALAG is open from 9am until 5pm Monday to Friday. Appointments for other times may be negotiated.

Cost

NALAG is a not for profit organisation. The Centre provides grief and loss support to all people regardless of financial circumstances and provides these services completely **FREE** of charge.

Please note that NALAG Centre and the NALAG Suicide Network are not crisis services and if yourself or someone you know require immediate assistance please make contact with your local hospital or the Mental Health Information and Support line on 1800 011 511.

For Information & Referral

NALAG Suicide Network

Welchman Street
DUBBO NSW 2830

Ph: 02 6882 9222
Fax: 02 6884 9100

E: nalag@hwy.com.au

Mail:
NALAG Centre for Loss & Grief
PO Box 379
DUBBO NSW 2830

www.nalag.org.au

NALAG Suicide Network Committee

Trudy Hanson OAM

Grief Counsellor, Educator and Manager of the
NALAG Centre for Loss & Grief Dubbo
Ph: 02 6882 9222
Email: trudyh@hwy.com.au

Ann-Maree Hartley

Psychologist
Ph: 045 020 8191
Email: annmaree.hartley@gmail.com

Sharon Clifford

Carer Support Officer, ASIST Trainer, Lifeline Volunteer
Ph: 02 6885 7938
Email: Sharon.Clifford@gwahs.health.nsw.gov.au

Would you like to join the NALAG Suicide Network?

Please contact the NALAG Centre for Loss & Grief
or a committee member.

NALAG (NSW) Inc

National Association for Loss & Grief (NSW) Inc

NALAG Centre for Loss & Grief Dubbo



NALAG Suicide Network

Awareness, Training, Support, Intervention



The NALAG Suicide Network (NSN)

What is Suicide?

More than 2000 Australians each year take their own lives. This number is 1.5 times the national average of deaths accounted for by motor vehicle accidents in the same period. For many in the community, suicide remains an issue that is difficult to talk about.

The loss of a person to suicide has profound effects on not just the immediate family, but also on their friends, workplace and community. People from all walks of life take their lives. The cause of suicide is very individualistic and often results from a complex mix of factors including life events, mental health issues, physical health problems, social isolation and the ability to cope with life stressors.

Those bereaved by suicide may experience shock, numbness, disbelief, searching for answers, anguish and pain, physical and emotional stress, blame, anger, guilt, despair, fear or depression. During the first few weeks or months after a suicide, many may find that family and friends are all that is needed. However, many people also find that support can fall away after a while, leaving them to deal with the longer-term grieving process alone. It is common for those who were close to the person to want to talk about the death and this is when NALAG and the NALAG Suicide Network can be helpful.

About NALAG

NALAG (the National Association for Loss & Grief) was founded in 1977 after the Granville train disaster.

The NALAG Centre for Loss and Grief Dubbo is a voluntary organisation established in response to the needs of the Dubbo and surrounding community in 1999.

The Centre undertakes to strengthen the capacity of communities and individuals to improve their well-being following loss, grief and adverse life events.

What is the NALAG Suicide Network?

The NALAG Suicide Network (NSN) is dedicated to promoting awareness, providing training, intervention and support to those affected by or seeking information on suicide.

Awareness: The NSN aims to increase community awareness, promote knowledge of suicide and advocate for the needs to those bereaved by suicide.

Training: Training in the area of suicide risk assessment, intervention and postvention skills is provided to professionals and community members regularly through NALAG Suicide Network.

Intervention: If you are in crisis please contact the Mental Health Information and Support line on 1800 011 511 in the first instance.

Support: NALAG and the NSN provide a suicide bereavement support group, healing camps, grief days and a variety of group programs. NALAG also offers the Blue Healers Depression Program for mild to moderate depression sufferers.

Suicide Assessment

Prediction for suicide is never easy. However, there are known risk factors, and together may offer a better accuracy of prediction for suicidal risk. One method is **SAD PERSONS:**

- S:** **Sex.** Men are more likely to commit suicide than women.
- A:** **Age.** In 2006 research indicated that individuals aged between 15 and 24 were at an elevated risk of suicide.
- D:** **Depression.** The suicide rate for those who are clinically depressed is about 20 times greater than for the general population.
- P:** **Prior History.** Roughly 80% of completed suicides were preceded by a prior attempt.
- E:** **Ethanol abuse.** Alcohol and/or drug abuse increase risk.
- R:** **Rational thinking loss.** Psychosis ('I heard a voice saying I should kill myself') increases risk.
- S:** **Support system loss.** Loss of support can vary tremendously. For kids and adolescence it can be the break up of their first 'puppy love' which they can take seriously and may be viewed as trivial by parents. Separation, Divorce and loss of a relative can also be another trigger for kids. For adults the loss of a spouse or parent can be devastating.
- O:** **Organised plan.** This speaks for itself. Having a method in mind creates more risk.
- N:** **NO significant other.** See "S" above.
- S:** **Sickness.** Terminal illness, such as cancer and AIDS, also carried with it a 20 fold increase in risk of suicide compared to the general population.

If you know someone who may be at risk please contact Mental Health Information and Support line on 1800 011 511 in the first instance or your seek help at your local hospital.

