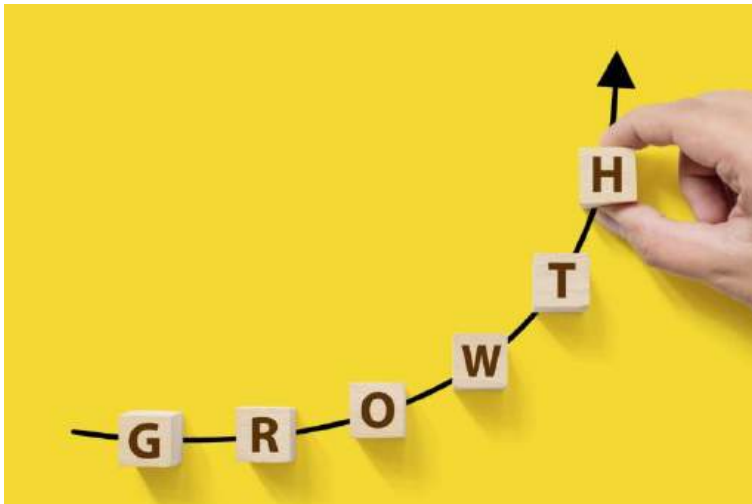


April to July 2025

Post Traumatic Growth

Darrin Larney



Post-traumatic growth (PTG) is a concept that refers to the positive psychological changes that can occur as a result of struggling with highly challenging life circumstances. When it comes to suicide bereavement, PTG can play a significant role in the healing process for those who have lost a loved one to suicide. Here's an overview of how PTG relates to suicide bereavement:

Understanding Post-Traumatic Growth

Post-traumatic growth is not about returning to the previous state of normalcy but rather about experiencing a transformation that leads to a higher level of functioning. This growth can manifest in several ways, including:

1. **Increased Personal Strength:** Individuals may discover inner strengths they were previously unaware of. The process of coping with the trauma of losing a loved one to suicide can reveal resilience and capabilities that were dormant.
2. **Improved Relationships:** Bereaved individuals often find that their relationships with others deepen. They may develop a greater appreciation for their existing relationships and form new, meaningful connections with others who have experienced similar losses.
3. **New Possibilities:** The experience of loss can lead to a re-evaluation of life goals and priorities. Some individuals may pursue new paths, such as engaging in advocacy, volunteering, or changing careers to find more meaningful work.
4. **Spiritual Development:** For some, the trauma of suicide bereavement can lead to spiritual growth. This might involve a renewed or deepened faith, a sense of connectedness to something greater than oneself, or a new understanding of life's purpose.
5. **Enhanced Appreciation of Life:** Survivors often report a heightened appreciation for life and a greater sense of gratitude for the small things. This shift in perspective can lead to a more fulfilling and intentional way of living.

The Process of Post-Traumatic Growth in Suicide Bereavement

The journey to PTG in the context of suicide bereavement is complex and deeply personal. It typically involves several stages:

1. **Initial Shock and Grief:** The immediate aftermath of a suicide loss is often characterized by intense grief, confusion, and a search for answers. This period is crucial for processing the initial trauma and beginning the journey toward healing.
2. **Struggle and Suffering:** As individuals grapple with their loss, they may experience a range of emotions, including anger, guilt, and profound sadness. This struggle is a natural part of the grieving process and can be a catalyst for growth.
3. **Meaning-Making:** Over time, many bereaved individuals begin to search for meaning in their loss. This might involve understanding the reasons behind the suicide, finding ways to honor the memory of their loved one, or deriving lessons from the experience.
4. **Integration and Growth:** Eventually, the insights gained from the struggle and meaning-making process can lead to personal growth. This stage is marked by the emergence of the positive changes associated with PTG.

Supporting Post-Traumatic Growth

Supporting someone through the process of PTG after a suicide loss involves several key elements:

1. **Providing a Safe Space:** Creating an environment where the bereaved feel safe to express their emotions without judgment is essential. This can be facilitated by friends, family, support groups, or professional counsellors.
2. **Encouraging Self-Care:** Encouraging the bereaved to take care of their physical and emotional well-being is crucial. This might include regular exercise, healthy eating, adequate sleep, and engaging in activities that bring joy and relaxation.
3. **Facilitating Connection:** Helping the bereaved connect with others who have experienced similar losses can provide a sense of community and understanding. Support groups and online forums can be valuable resources.
4. **Promoting Meaning-Making Activities:** Encouraging activities that help the bereaved find meaning in their loss, such as journaling, art, or participating in memorial events, can aid in the healing process.
5. **Professional Support:** Seeking the help of mental health professionals who specialize in grief and trauma can provide the necessary tools and support for navigating the complexities of suicide bereavement and fostering PTG.

Conclusion

While the journey through suicide bereavement is undoubtedly challenging, the concept of post-traumatic growth offers a hopeful perspective. It acknowledges that, despite the profound pain and suffering, individuals can emerge from their experiences with newfound strengths, deeper relationships, and a greater appreciation for life. Supporting this growth requires compassion, understanding, and a commitment to helping the bereaved find their path to healing and transformation.

References:

1. American Psychological Association. (2016). Growth after trauma. [APA](#).
2. Psychology Today. (n.d.). Post-Traumatic Growth. [Psychology Today](#).
3. Verywell Mind. (n.d.). Post-Traumatic Growth: Benefits and How to Achieve It. [Verywell Mind](#).
4. Wikipedia. (n.d.). Suicide bereavement. [Wikipedia](#).

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Not-For-Profit Org	\$50
Affiliate Business	\$100

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Mourning Dove Pin

Purchase one of our beautiful pewter Mourning Dove pins to honour and remember your loved one

\$8.00 each (+\$3 postage)



or email us at secretary@sosbsa.org.au

WHY

Ever since you went away
The days go slowly by,
And the hardest thing to cope with
Is never knowing why...

That I don't understand
And maybe never will,
Questions left unanswered
Now your voice is still.

To lose you was unbearable
And time and time again,
I've tried to look for reasons
That no one can explain.

Life and death hold mysteries
But one thing is for sure,
I loved you then, I love you now
And will forevermore...

Presidents Report

(Cherrie Cran)



Hi everyone and welcome to our second newsletter for 2025. My apologies that it's so late. Things have been chaotic in my household with the arrival of a new baby and illness, so this one will cover out until July.

Membership

If you aren't yet a financial member We rely completely on our membership fees and donations to operate and provide support to those who need us. Please join or renew your membership at <http://sosbsa.org.au/membership>.

Newsletters

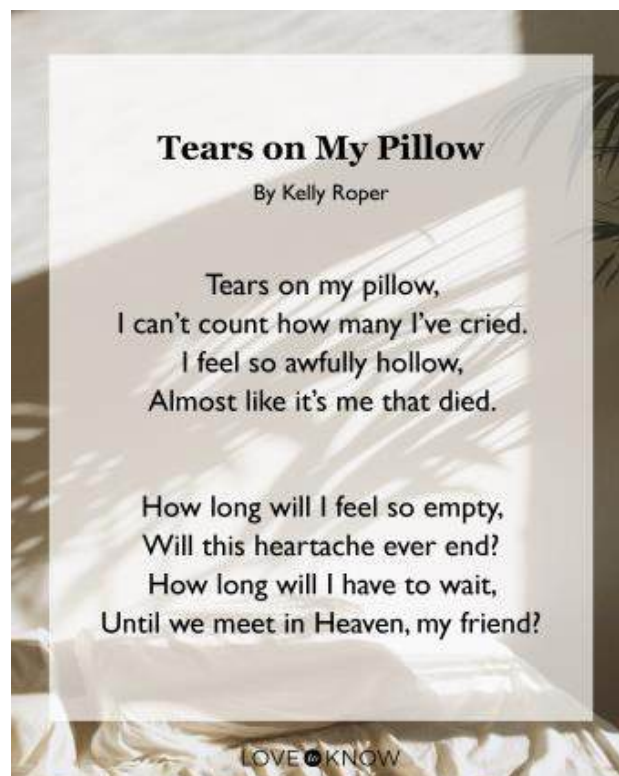
We are always looking for content and would love to hear from you. If any of you would like to share anything with our readers about your experiences or life after your loss, please write to us at secretary@sosbsa.org.au.

Facebook

Our Facebook page now has over 153,000 followers from around the globe – if you haven't yet found us – please join us there. Our page is a public page and will remain so, just be aware that if you post / share on our page that your friends will be able to see your posts.

Take care

Cherrie xoxo



Roses in the Ocean Lived Experience Summit 2025

(Ray O'Brien, Donna Lang, Sue Dignan)

Thanks to the generosity of SOSSBA partner Busy at Work and a bursary from Roses In The Ocean, three SOSBSA committee members Sue Dignan, Donna Lang and Ray O'Brien had the opportunity to attend the Roses In The Ocean Lived Experience Summit 2025 and pre-summit workshop at the Hotel Grand Chancellor in Brisbane in March.

Roses in the Ocean define a lived experience of suicide as someone either having experienced suicidal thoughts, or survived a suicide attempt, or supported a loved one through suicidal crisis, or been bereaved by suicide.

The LE Summit provided a valuable opportunity for more than 320 delegates with a lived experience of suicide from across Australia to come together to connect with each other, to share information and to learn from each other.

The opening plenary set the scene with an inspiring panel of speakers including Roses in The Ocean CEO Bronwen Edwards, Queensland Mental Health Commissioner Ivan Frkovic, and representatives from Standby and Mates in Construction and Lived Experience speaker Caroline Allen.

When asked for impressions of the Summit, Sue said "I really enjoyed hearing from people who had transformed their own intensely personal and painful lived experience into a desire to support and advocate for others living with similar struggles. I also appreciated the insights I gained about the challenges of incorporating lived experience into service design, delivery and evaluation.

I had lots of interesting conversations with people who had come from all over Australia to attend the event. There were also opportunities to chill out and destress in the wellbeing zone and I loved meeting the therapy dogs as well."

Donna reflected "It was a privilege to attend the Roses in the Ocean Lived Experience Summit for 2025. Meeting people from different backgrounds and sharing our experience of suicide loss was personal and empowering. The Roses in the Ocean team were welcoming and the workshops were informative and thought provoking".

Ray added, "the Summit provided a unique experience to spend time connecting with people who understand the impacts and the nature of living with the suicide experience. These people are my family and they share the same passion and energy that I do in trying to reduce the number of people we lose to suicide. And just like spending time with my own family, spending time with these inspirational people allows me to refresh and reenergize. It gives me the energy to keep going".

The Summit created lots of space to brainstorm ways to meaningfully integrate lived experience of suicide into all aspects of program design. There were also opportunities to explore ideas around evaluation of services, including peer run initiatives such as SOSBSA.

With this in mind, we want to remind people that we love feedback about our groups, newsletters, Facebook page and website. So please let us know your thoughts, by email or Facebook post. Constructive feedback can be anonymous and is always welcomed.



Brisbane Support Group

(Lvl 1, 493 Ipswich Road Annerley)

Friday fortnightly at 7:30pm

January – 17, 31

February – 14, 28

March – 14, 28

RSVP through sosbsa.org.au/brisbane

Management Committee

President:	Cherrie Cran
Vice President:	Donna Lang
Treasurer:	Darrin Larney
Secretary:	Sue Dignan
Committee:	Ray O'Brien
	Julie Ferguson

Other SOSBSA Support Group Meetings

Support Groups Update

Please see the update on our Support Groups in the Presidents Report, and check the website at <https://sosbsa.org.au/support-groups>. The information on the website will always be up-to-date. Alternatively please email us or reach out on Facebook.

Townsville Support Group

Selectability House

59A Cambridge St, Vincent, Qld 4814

1st Monday of every month at **7:00pm**

Coffee Catch up: 10.00am 3rd Saturday of each month

Contact Ray : 0407 490 965

or Geoff & Lowell: 0438 604 744

Support Group dates:

June - 2

July – 14

Coffee Catch up Dates:

June - 21

July - 19

Detail

s: sosbsa.org.au/townsville

Online Support Group

This group is for those living in regional Queensland and who don't have access to a face-to-face group.

3rd Monday of every month at **6:30pm**

Please register through the website :

Online - sosbsa.org.au

Support Group dates:

June - 16

July - 21

Disclaimer

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In Memoriam



For everyone whose anniversary of their loved one is during April to June.

On this anniversary of your loved one's death, may you remember the best experiences you shared, the most meaningful words that were spoken, the happiest moments you had together and the comfort that has given you the courage to go on.

*If you would like an 'in memoriam' included on this page,
please send an anniversary record to us at secretary@sosbsa.org.au.*

Loved one lost to suicide: **Bede John McMullan**

Date of Birth: 20th September 1990

Message: *You are so loved and so missed, I feel your absence every day. Love you forever xoxo*

Your Name: **Cherrie Cran**

Date of Death: 10th April 2010

Helplines

QLD Helplines

Standby Brisbane 07 3250 1856

Standby Response Service 0438 150 180

(24 hour mobile crisis response to suicide bereavement.)

Sunshine and Cooloola Coasts 0407 766 961

National Helplines

Suicide Callback Line: 1300 659 467 (24 hour)

LifeLine: 13 11 14 (24 hour)

Mensline: 1300 789 978 (24 hour)

National Hope Line: 1300 467 354 (24 hour bereavement support)

Beyond Blue: 1300 22 4636

Kids Help Line: 1800 55 1800 (24 hour)

SANE Helpline: 1800 18 SANE (M-F 9am-5pm)

