

situations, rather than struggling against them, and develop healthy patterns of behaviour.

- **Complicated Grief Therapy (CGT)**: A specialized therapy for individuals experiencing prolonged and complicated grief. It involves a structured approach to process the loss, adjust to a new reality, and rebuild life goals.
- **Group Therapy**: Involves sharing experiences and coping strategies with others who are also grieving, which can be particularly effective for complicated grief.
- **Eye Movement Desensitization and Reprocessing (EMDR)**: Can be integrated into grief therapy to help process traumatic aspects of a loss.
- **Play Therapy**: A form of therapy that uses play to help individuals, particularly children, express and work through their feelings about a loss.
- **Schema Therapy**: Focuses on deeper, long-standing patterns of thinking and feeling that may be

impacting a person's ability to cope with grief.

How these therapies help

- **Provide a safe space**: Therapists offer a non-judgmental environment to talk about feelings that may be difficult to share with others.
- **Process the loss**: Therapies help individuals understand and work through their emotions, such as sadness, anger, or guilt.
- **Develop coping skills**: Techniques are taught to manage distress and stress, like deep breathing exercises or cognitive reframing.
- **Reframe thoughts**: Therapists help you identify and change negative thought patterns about the loss.
- **Rebuild your life**: Therapies support the creation of a new life and future without the deceased, while also honouring memories.
- **Address specific issues**: Therapies can be tailored to the individual's unique experience, including sudden or traumatic losses.



SOSBSA Facebook

We now have more than **156,000** people who follow us on Facebook.

Join in our online support group.

Search **SOSBSA**



Membership

Pensioner / Student	\$20
Adult member	\$30
Family	\$50
Not-For-Profit Org	\$50
Affiliate Business	\$100

You are now able to do this online at www.sosbsa.org.au (About us tab/Membership)

or contact secretary@sosbsa.org.au

Memberships help pay for printing, copying, mailing and our telephone.

Mourning Dove Pins

You can now purchase from us online with payments through paypal
www.sosbsa.org.au ('Items for Sale' tab)

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

TAKE THEM WITH YOU

If someone you love
 did not make it on that trip
 you can take it
 for them
 with them.

If someone you love
 did not witness that milestone
 you can show them
 anytime you like.

If someone you love
 did not get to do *their* living
 you can finish those dreams
 on their *behalf*.

The beautiful thing about love
 you see
 is that death
 need not stop *life*.

If you carry someone
 in your heart
 you can take them with you
 anywhere you like.

Donna Ashworth 'LOSS'

Presidents Report

(Cherrie Cran)



Hi everyone and welcome to our last newsletter for 2025. My apologies that it's so late. It's getting close to our Christmas break, please join us at one of our social events.

Membership

If you aren't yet a financial member, please consider it. 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 156,000 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

Brisbane Xmas Event



Little Clive Cafe

Shop 8/461 Ipswich Road
Annerley Qld 4103

Sunday

14th December 25

From 12 noon

RSVP secretary@sosbsa.org.au



SOSBSA Townsville
**CHRISTMAS
DINNER**

You're invited to our Christmas Dinner!
Friends and family are welcome
Join us to celebrate the season
and enjoy each other's company
Come dressed in your finest Christmas outfit
Monday 1st December
7:00 PM
The Metropole Hotel
81 Palmer street, Townsville
Dinner and drinks available for purchase

Please RSVP to Ray by Friday 28th November
on 0407 490 965
or ray.obrien@outlook.com.au

Bereavement Ideas for Christmas

(google search)



Ideas for Christmas during bereavement include creating memorial ornaments, lighting a candle in their memory, or setting a place at the table for them. For gifts, consider practical support like meal deliveries or errands, comfort items like a weighted blanket, or personalized keepsakes such as a memory box filled with photos and mementos. You can also make a donation to a charity they supported or start new traditions that feel right.

Memorial traditions and activities

- **Create a memorial ornament:** Make or buy an ornament with a photo, their favourite colour ribbon, or a sentimental object to hang on the tree.
- **Light a candle:** Light a special candle in their honour for periods of reflection.
- **Set a place for them:** At the dinner table, set a place for the person who is not there or make a toast to them.
- **Decorate their grave:** Take a wreath to their resting place on Christmas Day.
- **Write a letter or card:** Write a Christmas card to the person you are grieving, expressing what you miss about them.
- **Make a memory chain:** Create a paper chain with a memory written on each link.
- **Start a memory box:** Collect photos, letters, and other mementos in a decorated box that can be looked through during the holidays.
- **Make a donation:** Make a charitable donation to a cause they would have supported.

Gift ideas

- **Comfort gifts:** A weighted blanket, soft cushions, a plush dressing gown, or a calming tea hamper can provide physical comfort.
- **Practical help:** Offer specific assistance like grocery shopping, running errands, or walking their dog. A gift card for food delivery or home cleaning services is also helpful.
- **Self-care gifts:** A gift certificate for a spa, a home spa kit, or a subscription to a meditation app like Headspace can help with stress reduction.
- **Journaling and creative gifts:** A grief journal with guided prompts, or beautiful stationery and pens, can help them express their feelings.
- **Personalized keepsakes:** A personalized memorial ornament, a photo keychain, or a custom-engraved item can serve as a lasting tribute.

Grief At Christmas

Grief comes at Christmas as at any other time
But at Christmas grief is more poignant,
And can cast a spell of gloom
While some happy round the tree, feasting,
And enjoying the moment
Others have no room,
For happiness has fled out the window
The parcels wrapped in red
Are lying where Santa Claus left them

And the cards are left unread.

For people who lost folk at Christmas?
Time drags and heavily hangs.
Oh why did they die at Christmas?
It's so hard to understand

Daphne Grant

Brisbane Support Group

(Level 1, 493 Ipswich Road Annerley)

Friday fortnightly at 7:30pm

Nov – 21

Dec – 5,19

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:

December 1

Coffee Catch up Dates:

December 22

Details: 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](http://Online-sosbsa.org.au)

Support Group dates:

January – 20

February 17

March 17

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Advice for Others (Cherrie Cran)

I am often asked for advice by people who have loved ones that they are concerned about, as I'm sure so many of you are too. It's like because we've been through this loss, we become the source of knowledge in the area. Well, I don't know about you, but I'm certainly not, and I'm often at a loss as to what to tell people. So, I'll include for you some of the things that I know, along with some ideas from the experts.

This information, although I've titled this article 'advice for others' is also going to be very relevant for many of you who have family and friends who are having trouble coping with the loss of your loved one to suicide. We all struggle and some of us cope better than others. Following the death of a loved one to suicide many suffer from depression, PTSD (especially if they found their loved one), extreme and prolonged grief and all the many conflicting difficult emotions that go along with dealing with this tragic loss.

Take Care of Yourself:

This is the first thing I tell people. It's so important when you are in a support / caring role that you look after yourself, manage your stress levels and take time out to care for you. If you are to be of any support to someone who is suicidal this is so very important. Whether this is one of your own loved ones or you are providing advice to someone else, you will be faced with revisiting your own experience, so please take care of yourself.

Some ideas for how to do this would include:

- Exercise
- Massage
- Meditation
- Yoga
- Spend time with supportive friends/family
- Getting out into nature

Or whatever you do to nurture yourself.

Ask them directly:

Often people are afraid to ask if someone is suicidal because of the myth that it might make them consider suicide even if they weren't. However, we now know this isn't true.

It needs to be a direct question that can't be misinterpreted.

"Are you thinking about suicide?"

Most people with thoughts of suicide want to talk about it. They want to live – but desperately need someone to hear their pain and offer them help to keep safe.

Don't be afraid to ask them if they are thinking about suicide. This shows you care and they're not alone.

Listen to them:

Don't sit in judgment of them for how they feel, just let them talk and listen. They will often feel a great sense of relief when someone wants to talk to them about their darkest thoughts.

Keep them safe:

If you are concerned that they are serious about suiciding and have already made the decision, then keep them safe. If they have told you that they plan to take an overdose, take the pills from them if you can. Make sure that they don't have any weapons. Do not leave them alone if you can. If you are concerned, please don't hesitate to contact your emergency services. Here in Australia that is by ringing 000 and asking for either the police or ambulance and telling them that you are with someone or know someone who is threatening suicide or who is suicidal.

Many people hesitate at doing this as they feel it is a 'drastic' step, and that the person may hate them for it.

I once told a young girl who said that to me, “would you rather have them alive and hating you or for them to suicide and have to deal with that pain”. For me it’s pretty clear. Also, I have contacted the police on my son many times and on others I’ve felt needed immediate attention. My experience is that they might be mad at me, but they end up knowing that I care enough to risk my relationship with them to make sure that they are alive and safe.

This might be the very most important piece of advice we can ever give someone. This is the one thing that we know ALL about – the pain of having lost someone. So, please don’t hesitate to contact emergency services if you feel someone is suicidal. You can still be there for them, but you might not be able to talk them out of it or give them what they need on your own.

Develop a Plan:

If you don’t feel the person is in imminent threat of suiciding, talk to them about what can be done.

I always recommend that they see a doctor, or psychiatrist or psychologist if they are not already seeing someone. It’s important that they are prepared to tell the doctor that they are thinking about suicide. If you feel that they won’t tell the doctor you can contact the doctor. Privacy laws prevent the doctor from telling you information but do not prevent you giving the doctor information. If you can go to see the doctor with them that would be best, but if that’s not possible or they won’t let you, then don’t hesitate to contact the doctor or the surgery and tell someone.

Again, keeping quiet could mean that by the time they get to see the doctor they are embarrassed that they are feeling suicidal and won’t tell them.

Another thing you can do is suggest that they contact a help line, e.g. Suicide Callback Service, LifeLine, Headspace and Kids HelpLine for young people between 14 and 25.

Enter into a Contract with Them:

Please be careful that you don’t agree not to tell anyone. This contract is from the suicidal person to you the concerned carer / support person. Try to get them to agree to see a professional, maybe you can agree to take them.

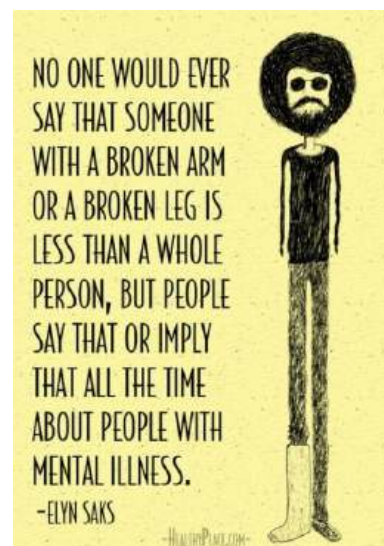
One contract might be to promise not do anything until they’ve seen the doctor. Or, if suicidal thoughts return that they promise they will contact a specific person or you.

Know where to get help:

On the back page of our newsletter there is a list of crisis lines in Queensland and Australia. Know where to find these.

Other places you can advise someone to go for help would include:

- The school counsellor if they are in school or university.
- Local GP
- Workplace Employee Assistance Program (EAP)
- Community Health Centres
- Family, friends, minister, youth leader or another trusted person.



In Memoriam



For everyone whose anniversary of their loved one is during October to December.

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.*



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)