

## StandBy - Support After Suicide

StandBy is focused on supporting anyone bereaved or impacted by suicide at any stage in their life, including individuals, families, friends, witnesses, first responders and service providers. StandBy is accessible 24 hours a day, 7 days a week.

Contact StandBy via **1300 727 247** or [standbytasmania@lifelinetasmania.org.au](mailto:standbytasmania@lifelinetasmania.org.au)

**StandBy** – an initiative funded by the Australian Government



## Suicide Bereavement Groups

Lifeline Tasmania, in partnership with Albie House, hosts support groups for people bereaved by suicide. The groups provide support, connection and information following your loss.

All of our groups are facilitated by highly qualified and experienced people under professional supervision by Lifeline Tasmania.

To find a bereavement group near you or to learn more, please phone **0491 445 552** or email [support@lifelinetasmania.org.au](mailto:support@lifelinetasmania.org.au)

## A Tasmanian Lifeline



A Tasmanian Lifeline provides free telephone support for anyone who is having a tough time or needs someone to talk to about their mental health.

Tasmanian-focused and Tasmanian-based, A Tasmanian Lifeline offers non-judgmental support for anyone who needs someone to talk things through with.

**Call 8am-8pm every day of the year on 1800 98 44 34**

## 13 11 14 Crisis Support



Lifeline Tasmania's 13 11 14 program is part of the national network providing telephone crisis support to anyone in crisis or going through a challenging time, 24 hours a day, 365 days a year.

**If you don't feel like talking, get help via text at 0477 13 11 14**

Or visit the Lifeline crisis chat online via the QR code, or at [lifeline.org.au/crisis-chat](https://lifeline.org.au/crisis-chat)



**Building Resilient Communities  
Reducing Isolation  
Preventing Suicide**



## Training & Support

We provide training & support to build awareness and develop skills for workplaces, community groups and individuals seeking to build mentally healthy environments.

Our training is based on up-to-date evidence and is delivered by our highly respected, experienced and skilled trainers.

Course topics include but are not limited to:

- Suicide Prevention and Intervention
- Domestic Violence Awareness
- Stress and Anxiety
- Mental Health
- Trauma Informed Practice

We can customise our training to meet your needs. Please contact the Training & Support Team:

Email: [training@lifelinetasmania.org.au](mailto:training@lifelinetasmania.org.au)  
Phone: 1300 003 313



## Community Visitors Scheme



CVS offers friendship and companionship to older people who are lonely or socially isolated and are:

- Living in the community and receiving a Home Care Package
- Living in government subsidised residential aged care

Regular visits from a CVS Volunteer can help to improve quality of life and help older people feel less isolated.

For more information contact:

CVS North West: **6424 6547**

CVS South: **6282 1515**

OR [cvs@lifelinetasmania.org.au](mailto:cvs@lifelinetasmania.org.au)

## Chats

The Chats Program provides social support for older Tasmanians to reduce loneliness and isolation.

Chats offers a variety of social activities each month that enable participants to get out of the house, meet new people, share new experiences, and develop friendships. These activities are supported by volunteers and provide participants with the opportunity to create support networks we often take for granted.

For more information, contact:

Chats South: **6282 1555**

Chats North: **6334 4430**

Chats North West: **6424 6547**

OR [chats@lifelinetasmania.org.au](mailto:chats@lifelinetasmania.org.au)

## Lifeline Volunteering

Lifeline Tasmania has many volunteering opportunities available to the community. Volunteers are the backbone of our organisation and play a vital role in suicide awareness and prevention throughout Tasmania.

No matter where your interests lie, we have a volunteer opportunity that will suit you:

- Telephone Crisis Supporters
- Retail and Warehouse Volunteers
- Chats Activity Hosts and Chats Drivers
- Community Visitors
- Corporate or Events Volunteers

To find out more email

[volunteers@lifelinetasmania.org.au](mailto:volunteers@lifelinetasmania.org.au)

## Lifeline Shops

Lifeline Tasmania has op-shops across Tasmania with all profits going towards Lifeline's suicide prevention and mental health programs.

The community can support Lifeline by donating quality items including used clothing, books, games, toys and bric-a-brac.

Donating goods or shopping at a Lifeline shop is a great way to support Lifeline and live more sustainably.

For a full list of locations go to:

[lifelinetasmania.org.au/find-a-store](http://lifelinetasmania.org.au/find-a-store)

**Lifeline Tasmania** gratefully acknowledges funding from the Tasmanian and Commonwealth Governments