



To order a copy of Red Chocolate Elephants for your school or someone you know, go to wingsofhope.org.au

Red Chocolate Elephants is a therapeutic resource for children bereaved by suicide. The book and DVD contain drawings, quotes and entries from children who have also lost a loved one to suicide.



About WINGS of Hope

WINGS of Hope is a registered charity supporting those bereaved by suicide by reducing isolation and preventing harm. The association was founded in 2007 by individuals who had lost a loved one by suicide and attended the Restoring the Heartbeat of Hope group program.

Children at risk

The 2010 senate inquiry into suicide in Australia reported: "The Commission's child death review had found 42 per cent of young people who committed suicide did so after the suicide, or attempted suicide of a friend, family or community member." (ref: 'The Hidden Toll' senate committee inquiry into suicide in Australian 2010, P 116).

Our Mission

When kids in school lose a friend or loved one by suicide, they are confused, devastated and can be at risk. WINGS of Hope wants to ensure every primary school in Australia has a copy of this unique educational resource for children bereaved by suicide.

Our Goal

To print and distribute over 7,500 Red Chocolate Elephant books and DVDs to primary schools in Australia by the end of 2018.

Simply go to wingsofhope.org.au to find out more or email contact@wingsofhope.org.au



Red Chocolate Elephants

A resource for children and families bereaved by suicide

Helping children make sense of suicide

When a child loses a loved one to suicide, they often have a lot of questions about why it happened, and feel some confusion about what suicide actually means. Children will look to the adults they trust for support and guidance, as they try to make sense of it all.

With its unique combination of text, voice and pictures, **Red Chocolate Elephants** is a safe haven for young people to hear their fears, questions and difficulties put into words by other children with a similar experience. It's a gift from bereaved children to other bereaved children, assuring them that they're not alone.

The book also contains activities to encourage children to express their innermost thoughts, document precious memories with their loved one to keep their memory alive, and build a trusted network on their grief journey.



EXERCISES LIKE THESE HELP YOUNG CHILDREN FORMULATE THEIR FEELINGS, AND FEEL SUPPORTED AS THEY MOVE THROUGH THEIR GRIEF.

“ I cried when I listened to the Red Chocolate Elephants DVD, but it helped me to understand my own children's grief – and how to help ... because I've been so worried about them.”

Mother of 7 and 10 year old boy and girl

“ My husband died by suicide and so did his father, although it was a family secret. Keeping secrets is not the way to deal with this. Red Chocolate Elephants helped me to talk with my son about everything that has happened in a way that is healing, healthy and stops this terrible legacy.”

Mother of 9 year old boy

A tool to support and heal

Red Chocolate Elephants is a moving educational resource that seeks to:

- > Open up the dialogue between bereaved children and people in their support network, such as family members, therapists, school counsellors and teachers
- > Give parents a framework for communicating with their grieving child
- > Remind children that they're not alone, and provide an outlet for them to share their own thoughts and feelings
- > Break down the stigma around suicide, bring mourners out of isolation, and help prevent the cycle of family suicide

Purchase a copy of this postvention resource today for your students, family or friends.

Simply go to wingsofhope.org.au



About the author

Psychologist Dr. Diana Sands has spent over 20 years providing community education, training, family counseling and group programs for adults, adolescents, and children bereaved by suicide. She also holds seminars, lectures and workshops on loss and grief, suicide prevention, postvention and intervention, in Australia as well as internationally.

The title **Red Chocolate Elephants** came about as bereaved children in therapy kept giving the same answers when asked to identify their favourite colour, favourite food, and favourite animal.



“ Having a resource such as Red Chocolate Elephants on hand to support people we come into contact with ... is important in assisting with their grief journey. Children need reassurance that they are loved and that nothing they did caused the death. This book can assist family to answer all the questions children might have regarding suicide and, importantly, is written in children's words.”

Gillian Summers, Chief Executive Officer, LifeLine Hunter & Newcastle

