



ABOUT WINGS OF HOPE

WINGS of Hope was formed in 2007 as an independent not for profit, registered harm prevention charity. The organisation was founded by individuals who had lost a loved one by suicide.

The purpose in 2007, remains our focus today. We exist to assist those bereaved and impacted by suicide.

DONATIONS AND SUPPORT

If you think WINGS of Hope is a charity you would like to support, we are eager to hear from you.

We are always looking for:

Volunteers: to drive and deliver our work

People with Lived experience of Suicide: to offer peer support to others

Donations: to sustain and build our vital work for any, and all Australians bereaved by suicide

PLEASE GET IN TOUCH WITH OUR WINGS OF HOPE TEAM

Call: 02 9998 2970

Email: wingsofhope@ccnb.com.au

Web: wingsofhope.org.au

FB: [@wingsofhopeaus](https://www.facebook.com/wingsofhopeaus)



SUPPORT FOR PEOPLE BEREAVED BY SUICIDE

Call: 02 9998 2970

Email: wingsofhope@ccnb.com.au

HAVE YOU LOST SOMEONE TO SUICIDE?

We are sorry for your loss. We understand that this can be an incredibly difficult, confusing and overwhelming time for you and your family. We have been there. That is why we are here now, for you and your family.

HOW WE CAN HELP

WINGS of Hope have a team of people with professional expertise and lived experience of suicide. Together, we offer a care navigation and support service that can provide you with information, advice and guidance when you need it most.



OUR WINGS OF HOPE TEAM CAN HELP SUPPORT YOU WITH:

Understanding your feelings of grief: Everybody's experience of suicide is different. There are no right or wrong feelings. Just your own. Suicide bereavement can be a traumatic time and is different to other deaths that may occur in your lifetime. Support is often needed and can help you understand how you are feeling about your loss.

Telling those Close to You: One of the first and hardest challenges you are likely to face is letting others know what has happened. We can help with those difficult conversations and reassure you it is fine to tell people when you are ready and what to say about how your loved one died.

Talking to Children: Talking to children about how the person died will depend on the child's age or level of understanding. We have access to resources and information to help you through this next step with your family.

Police and Legal issues: What happens now? We can guide you on next steps and how to get support to manage any legal issues such as the Coroners Court.

Funeral Arrangements: If you need advice on how to speak with your faith leader or arrange a memorial or funeral we can guide you to help make these arrangements.

Linking to services: We know what has worked for other people and what is available in your community. We will link you to the services you may be needing such as counselling, financial assistance, mutual support groups and other services you may need to support you at this time.

Cost: There is NO cost. WINGS of Hope has built a network to support people bereaved and impacted by suicide.