



A book just for me

a grief journal

Someone to talk to

This book is for you, as you have had someone in your life die by suicide.
When someone dies, their body stops working. A suicide is when a person stops their own body working. It is important to know that it is not your fault.

You can do these activities on your own or with someone you trust.
You don't have to do all the activities, just the ones you choose.

Sometimes it can feel helpful to talk to someone who doesn't know much about you, your story or your family. Here is a list of numbers you can call.

You can also speak to a Doctor (GP) or your school about talking to someone.

Kids Helpline 24/7

1800 55 1800

kidshelpline.com.au

Lifeline:

13 11 14

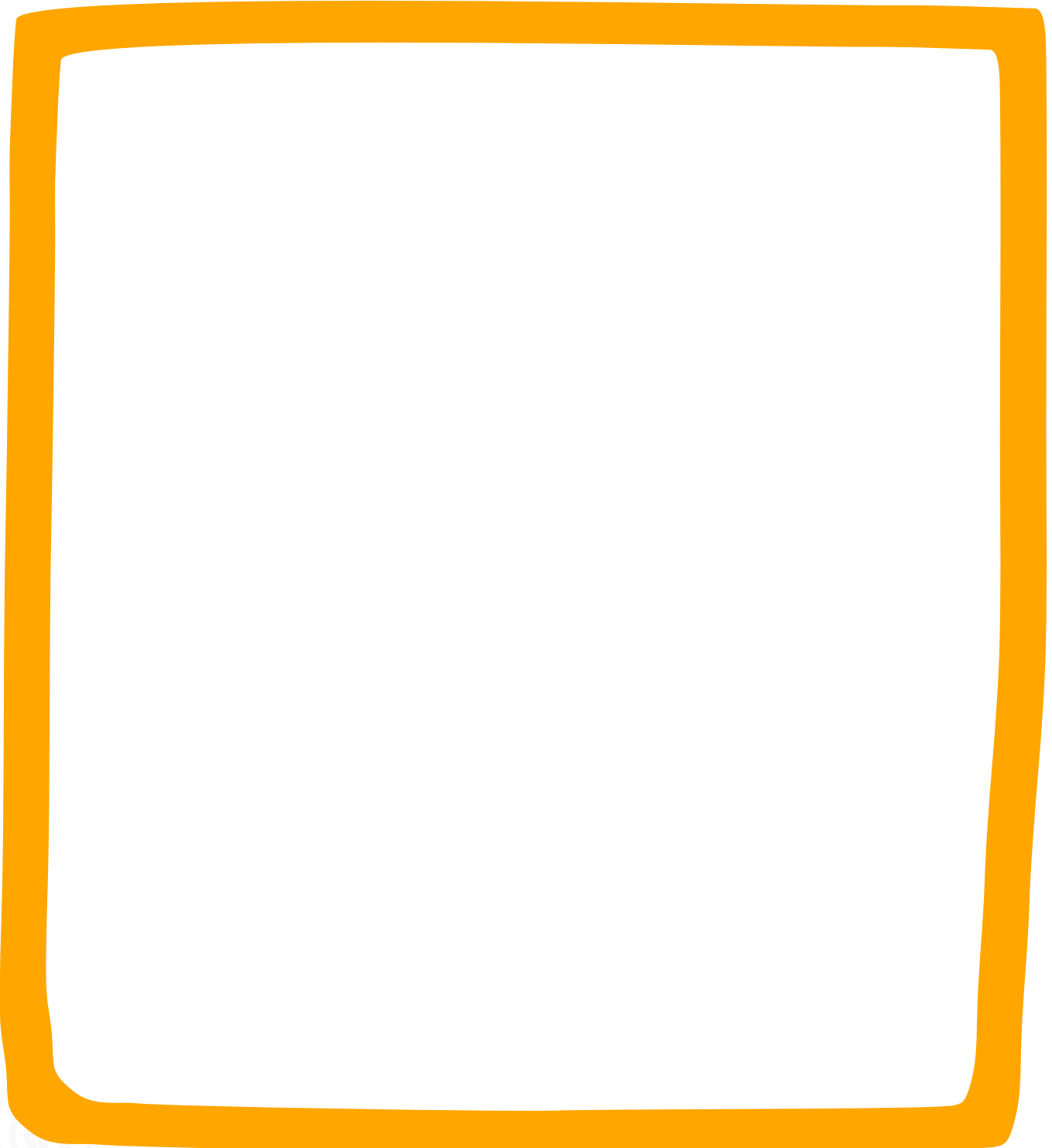
lifeline.org.au

Suicide Call Back Service:

1300 659 467

You

**Use this box to draw a
picture of yourself:**



Remembering

Who
died?

Draw
a picture of them

What
is your favourite
memory of them?

What
would you like to tell
them?

Who, what, where, when...



Who

told you about the death?



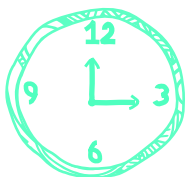
What

did they tell you?



Where

were you when you found out?



When

did you find out?

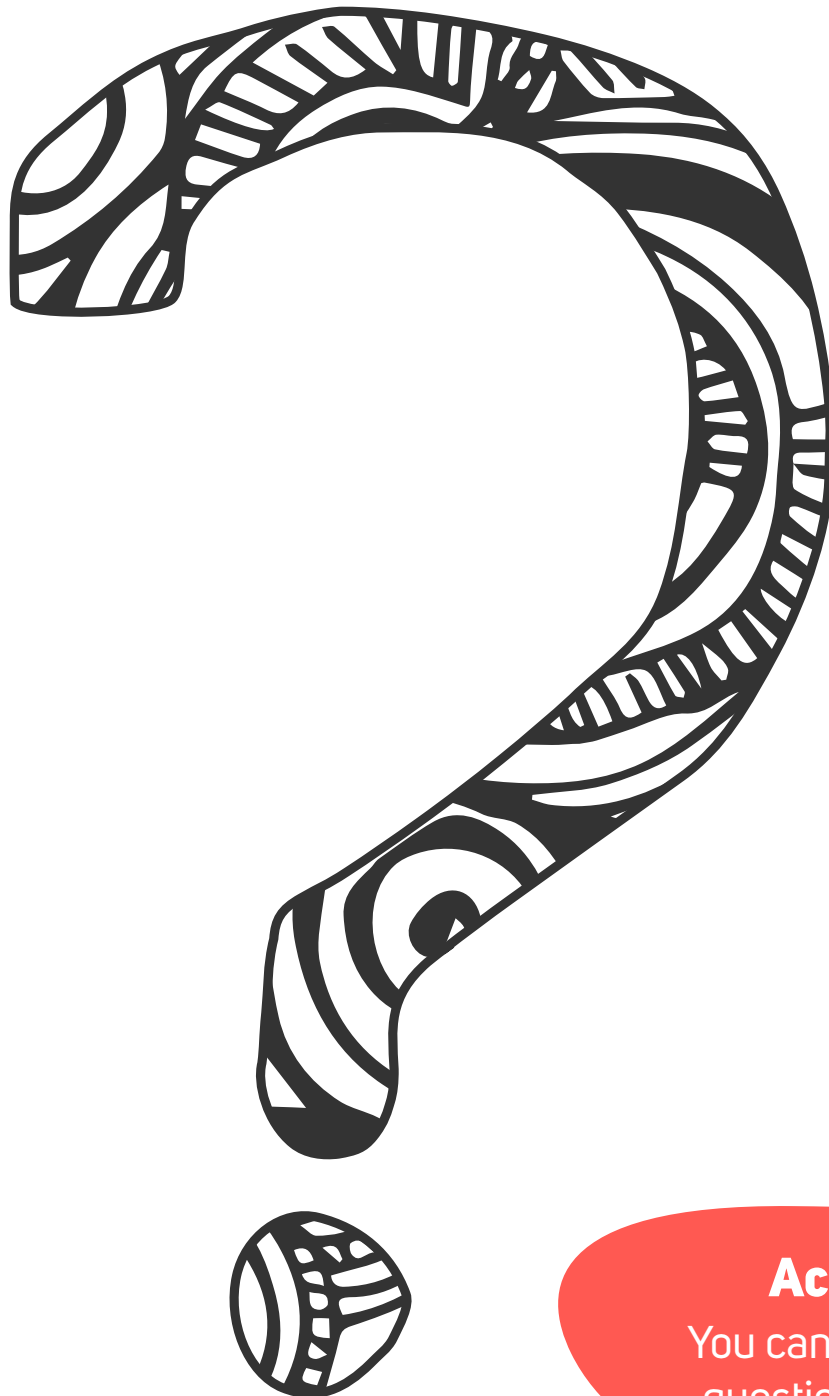


How

did you feel?

Questions

Suicide is when somebody ends their life. Often people have a lot of different questions about it. "Why" often gets asked a lot. It's also one of the hardest to answer. And sometimes there might be no answer.

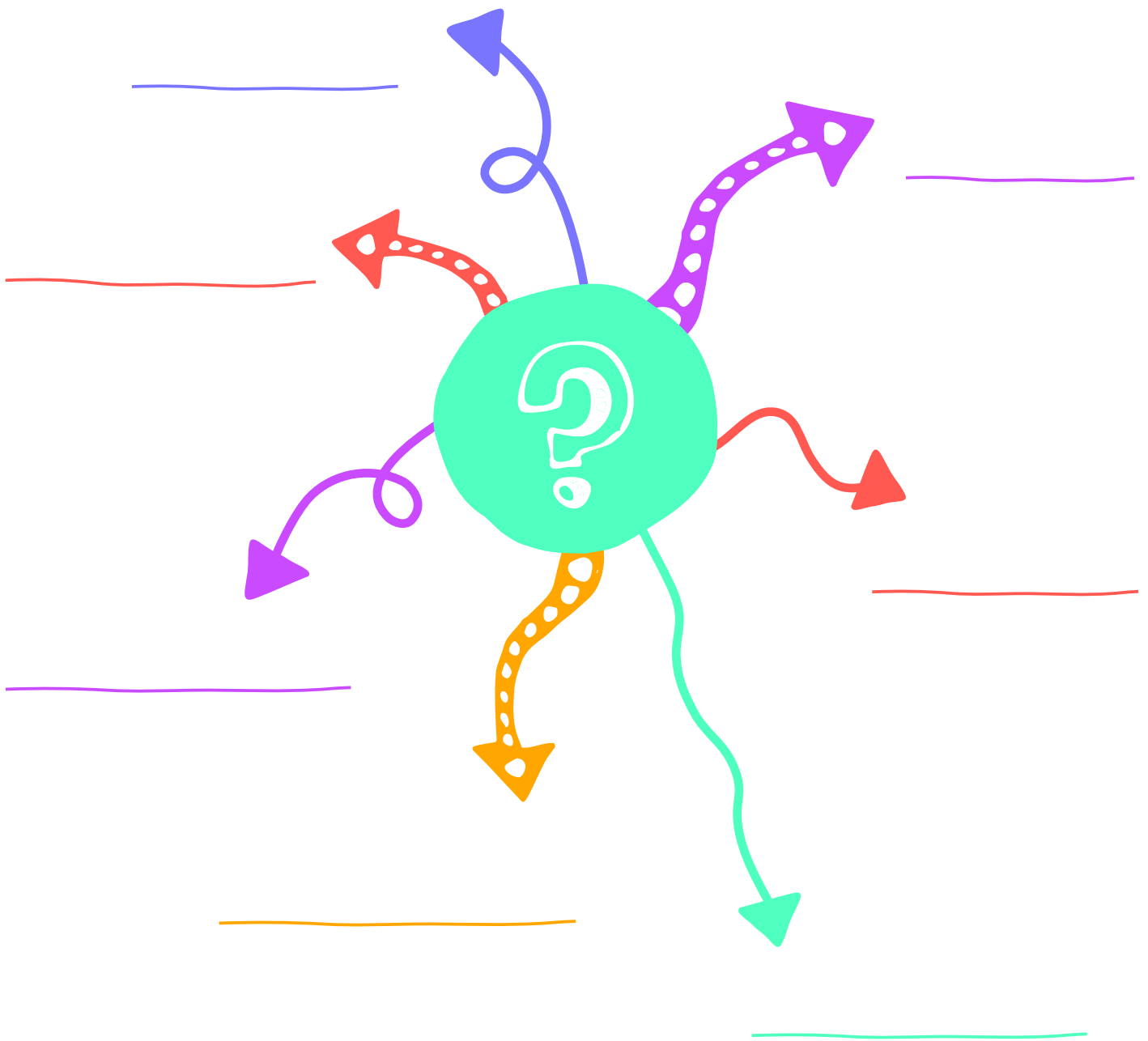


Activity

You can colour this question mark in.

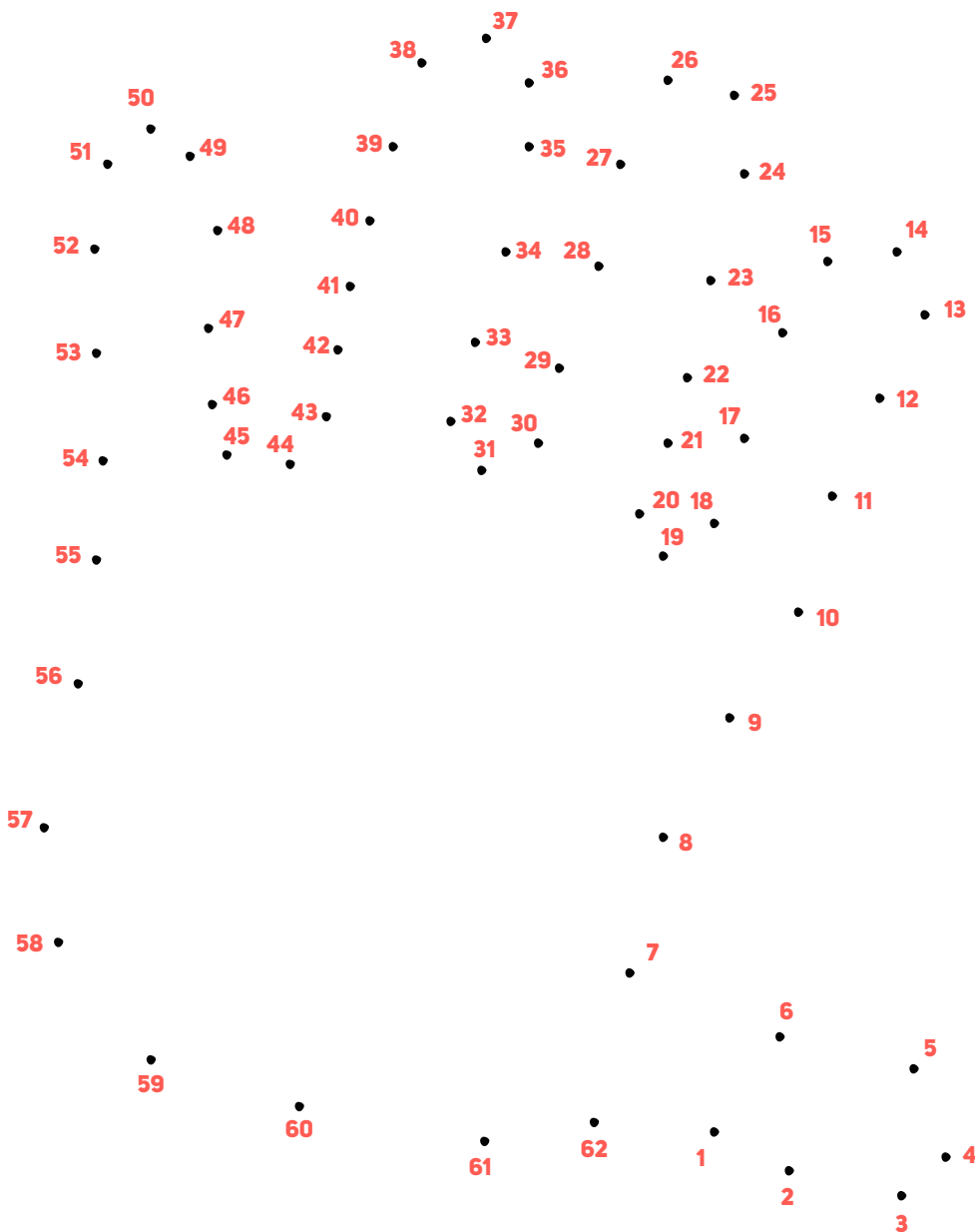
Questions

When we have a lot of hard questions it can help to “get them out” by writing them all down, without thinking about answers. Use the space here to write down all your questions, even the ones you haven’t asked anyone yet:



Helping hand

On each finger, write down the name of someone you can talk to about how you're feeling and what you're thinking:



Activity

Try speaking to one of these people. Did it help? How do you feel after speaking to them?



if you don't
have someone
to talk to or you
want to talk to
somebody else,
you can call
kids helpline on
1800 55 1800.
It's free!

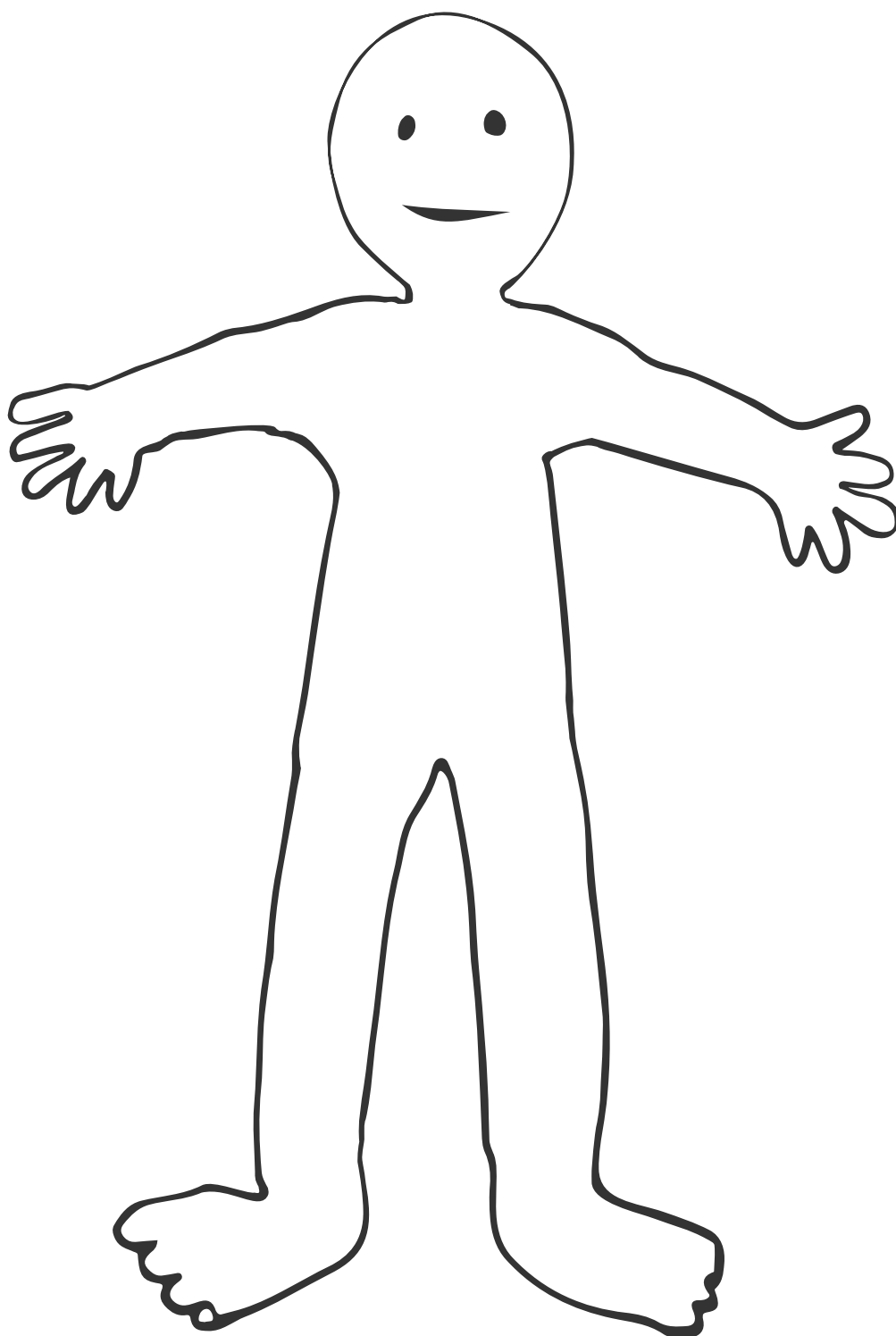
More space



Use this blank page when you need more room to do the activities or to add your own:

I feel

Use this picture to colour in or scribble the way your body feels. Try using different colours to show how you are feeling. There is no right or wrong way to feel.



More space



Use this blank page when you need more room to do the activities or to add your own:



Changes

When somebody dies, our lives can change in lots of ways.
Here are some examples of how things might be different now.

Tick the ones that are true for you and add your own.

- ☐ **My family moved to a different house/ town/ place**
- ☐ **My family talks and acts differently**
- ☐ **I changed schools**
- ☐
- ☐
- ☐
- ☐
- ☐

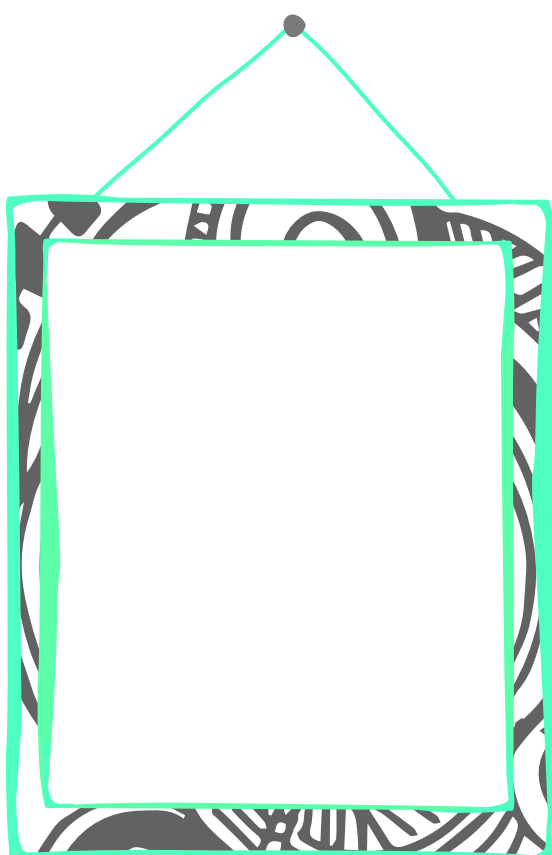


**Remember, you
can also ring
kids helpline on
1800 55 1800
any time.**

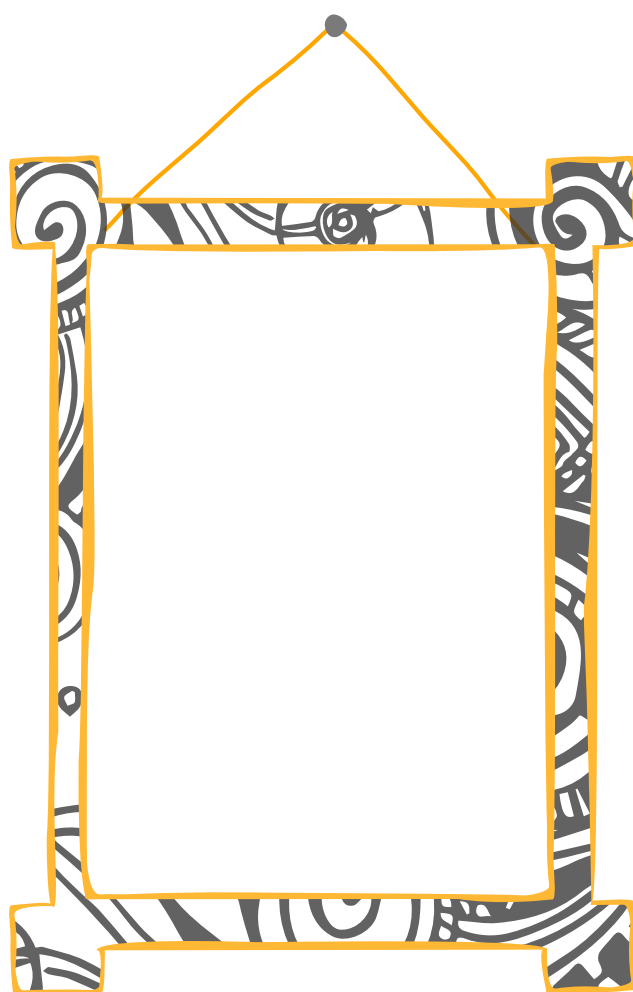
Inside - Outside

Sometimes what we show on the outside is very different to what we feel on the inside.

Draw, scribble, colour or write in these picture frames.



What I show on the outside



How I feel on the inside

What could help you?

What makes you feel better when you feel sad?

Circle all the things that help, or add your own:

Throwing balls

Going to
(a place)

Talking to
someone

Listening to or
making music

Time with animals
or being outside

Planting or
building something

Drawing
or writing






















Playing with
friends

Running, jumping, walking

My week

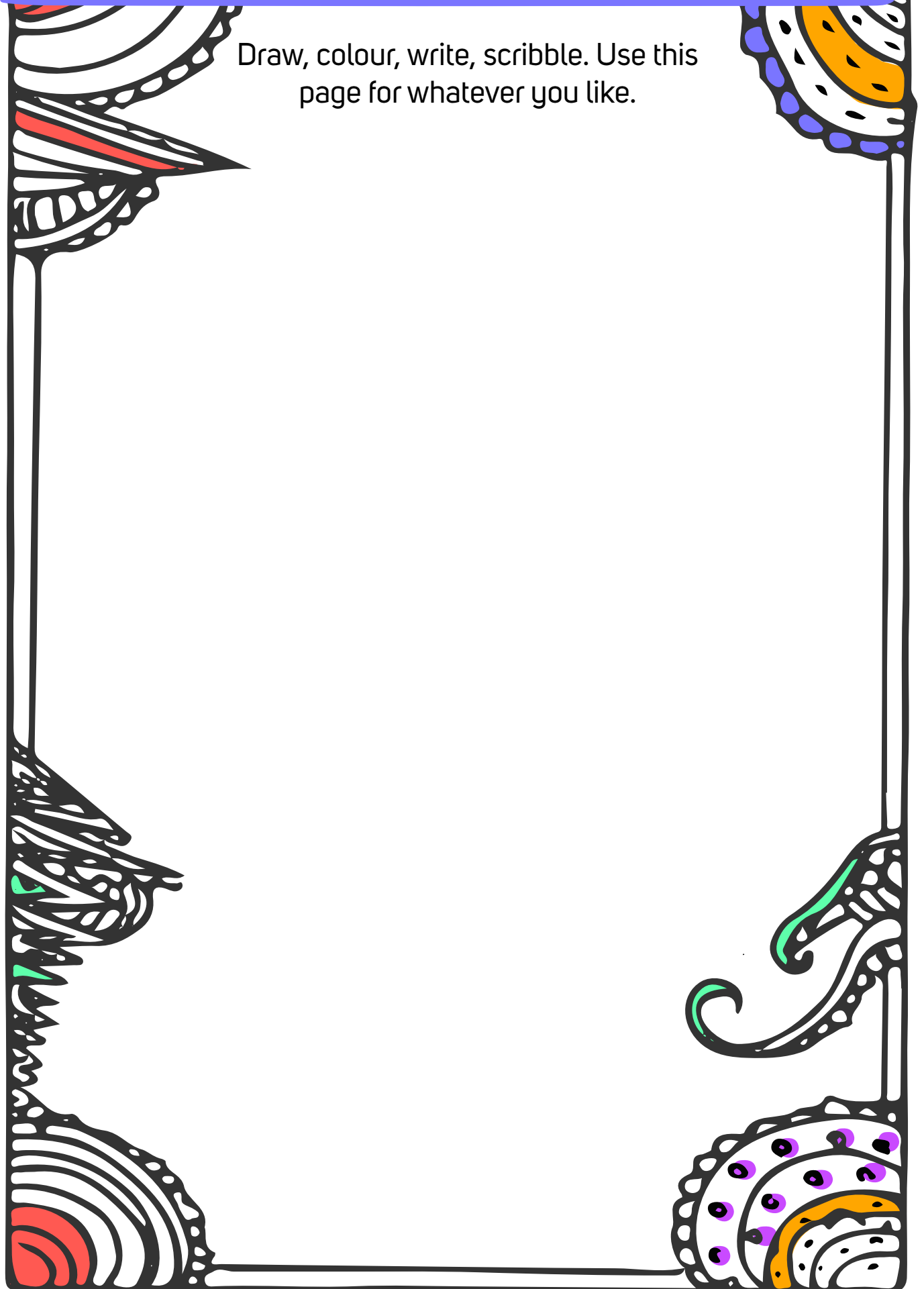
Choose some of the activities that you liked from the last page and try it out for one week.

Circle the face to show how you felt that day

	What you did	How you felt
Monday		  
Tuesday		  
Wednesday		  
Thursday		  
Friday		  
Saturday		  
Sunday		  

Free space

Draw, colour, write, scribble. Use this page for whatever you like.



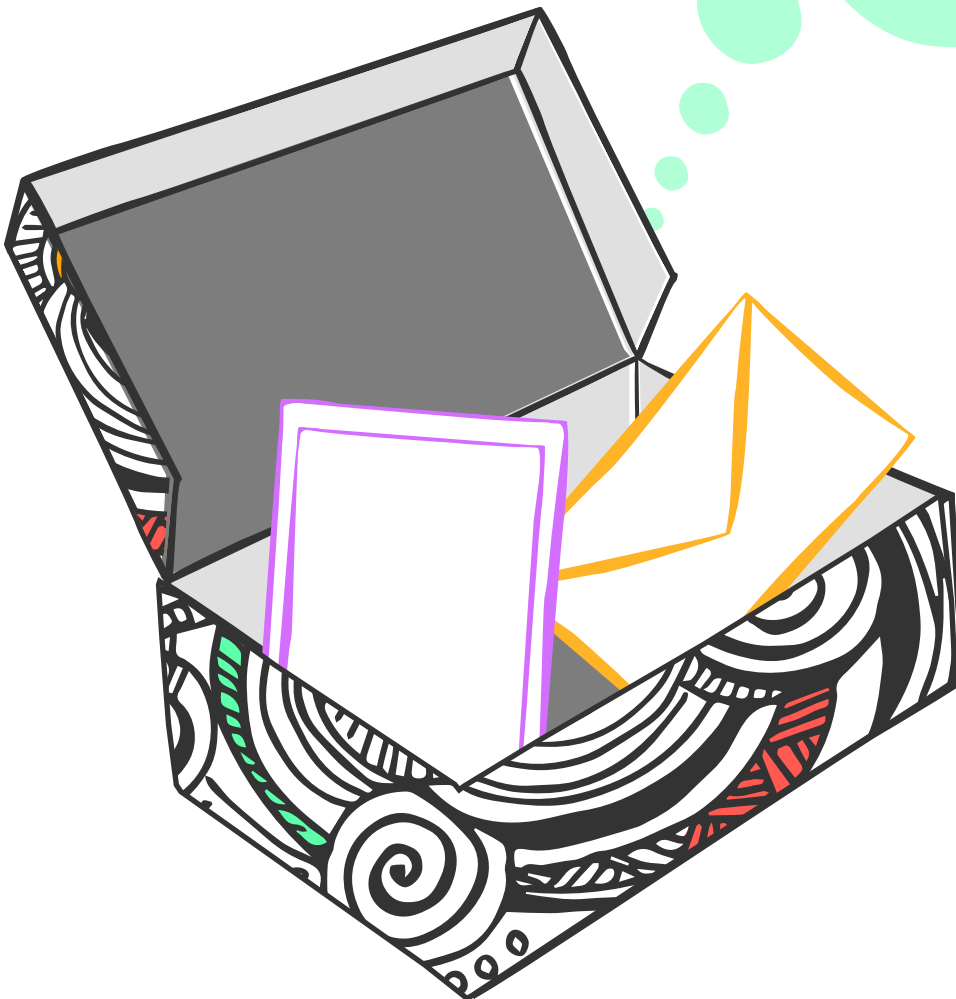
Remembering

Different people have different ways of remembering the person who died.

Here are some examples of activities you could do with somebody you trust or on your own:

"Memory Box"

Find a box you can use and fill it with things that remind you of the person who died. You could fill it with photos, drawings, some of the person's things that you might have or anything that helps you to remember them.



Memory garden

A memory garden is something you can make to remember the person who died. It can be inside or outside. You can make the garden out of painted rocks or pressed flowers, drawings or photos. It's a place for you to remember and you can add to it over time.

"Memory Garden"

**To make a Memory Rock
you will need:**

- ✓ **A Rock**
- ✓ **Paint**
- ✓ **A Marker**

**Paint the rock and put it in a
quiet place. You could even
write a letter or draw a picture
to go with it. Add to this
memory garden over time.**



Write a letter

or draw a picture here for the person who died

Activity

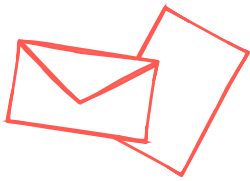
Write or draw about

- 1) things you remember or
- 2) things you wanted to say to the person



Special days

On days such as birthdays, holidays or any day, can you think of special ways to remember the person who died?



Write a letter

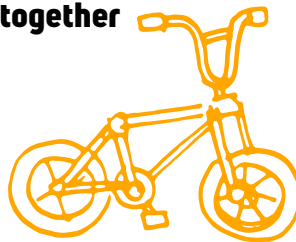


Listen to music



Pick some flowers

**Do something you
enjoyed doing
together**



Activity

Think about what the person liked to do. What music did they like to listen to? What are some good memories you have with the person? Draw circles around the things you might like to do when you're really missing them on holidays, birthdays or special days.

Telling other people

When you're ready, you may want to tell your friends or others about what happened. Sometimes it is hard to talk about, so practising what you might say could help. They might not know what to say, or scared they may say the wrong thing.

1) about what happened

2) how they can help you

Example: "My _____ died but I don't want to talk about why" Or
"I don't know why, please don't ask me again"

Dear...

What would you say to someone who also lost a person in their life to suicide?

What would you say to yourself ?

Thinking of the future can feel hard when somebody in your life has died. Imagine you could go into the future a few years from now.

More space



Use this blank page when you need more room to do the activities or to add your own:



STANDBY

SUPPORT AFTER SUICIDE

This book was developed by StandBy to support children bereaved by suicide. There are two age appropriate books in this series.

This book contains information about suicide. The aim of this book is to provide activities to capture memories; explore thoughts and feelings and build positive help seeking strategies.

We thank all contributors who generously provided their time and feedback during the consultation phase. Thank you also to those with lived experience who provided their feedback into these resources.

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Support After Suicide

www.standbysupport.com.au

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