



let's talk suicide: virtual camp

What is Let's Talk Suicide?

Kids grieving the suicide of their mum, dad, brother or sister can struggle to move past their feelings of guilt, shame and blame.

Let's Talk Suicide is a new virtual grief camp that gives grieving kids mental tools and coping skills for managing their grief, as well as a community to lean on after there has been a suicide in their family.

So, the next time the grief hits and it all becomes too much, they can move forward in a healthy way and build a life beyond suicide.

YOUR CHILD WILL:

- ★ Gain coping skills and tools to understand and manage their grief
- ★ Find a way to share their grief story in a healthy way
- ★ Learn from trained professionals about healthy grief
- ★ Gain a community of kids just like them, who understand what they're going through
- ★ Reduce the pain they are experiencing, by knowing they are understood

IS MY CHILD ELIGIBLE?

- Your child is aged 7–17
- Your loved one has died by suicide
- They've been dealing with grief for more than 6 months

HOW DOES THIS WORK?

Let's Talk Suicide is a virtual camp. Your child will take part in Zoom sessions in small groups of 6–8 kids, facilitated by trained counsellors with lived experience of suicide.

The sessions are 1.5hrs long and are held fortnightly on Sundays.

WE INVITE YOU TO TAKE THE NEXT STEP AND LET US HELP.

- Step 1** Visit www.letstalksuicide.org.au and register your interest.
- Step 2** Hang tight and wait for our call.
- Step 3** Know that things are going to get better.

For resources to help you NOW, visit our Grief Resource Hub.

Dear Parents,

*We're glad you've found
Feel the Magic.*

We understand suicidal grief is unique as it presents extra challenges for surviving family members, especially kids. We understand that the emotions of guilt, shame and blame are intense.

That's why we've created our free virtual camp Let's Talk Suicide, to support the specific needs of you and your family as you face suicidal grief.

We understand that this is a lonely and frightening time for your whole family. And we understand that the biggest priority for you right now is the health and happiness of your child.

We are here to help navigate this awful reality.

We have a community who supports each other because, sadly, we all have a shared experience.

For help right now, view our resource hub to help you have the 'big' conversations with little people, or join our community hub on Facebook to talk to other parents.

*We hope to see you soon,
Feel the Magic Family*

WHAT'S REQUIRED OF ME AND MY CHILD?

Let's Talk Suicide won't cost your family anything, thanks to our generous supporters. But so we can continue improving the program to help more families like yours in the future, we need you to help with just two things:

1. You and your child will need to take part in the evaluation of the program – consenting to and completing all surveys and an interview in a timely manner, prior to and after participating in the program.
2. Once signed up to a program you will need to commit to attending all the sessions together with your child.

About the creators of Let's Talk Suicide

ABOUT FEEL THE MAGIC®

1 in 20 kids experience their mum or dad dying. Many more have a brother or sister die. At Feel the Magic we support the families left behind, by providing free camps, resources and strategies to prepare their kids for living with grief.

Our evidence-based programs are developed by clinical psychologists and delivered by mental health experts. Let's Talk Suicide has been developed in collaboration with other experts in order to ensure the best impact for your child.

OUR PARTNERS INCLUDE:



THE NSW MINISTRY OF HEALTH,

who support this program as part of their 'Towards Zero Suicides' initiative.



THE SUICIDE PREVENTION COLLABORATIVE AND ROSES IN THE OCEAN,

who worked alongside our Programs team and clinical psychologists to bring expertise and advice from those with a lived experience of suicide.



THE UNIVERSITY OF MELBOURNE,

who have created a unique impact measurement model to help us continually improve this program and support grieving kids in the most effective way we can.



OUR OWN FEEL THE MAGIC COMMUNITY,

many of whom also have a lived experience of suicide and have shared their stories.

Together, our Feel the Magic community and our collaborators are here to make sure grieving families receive the support they need to understand, manage and heal through their grief, at no cost to them.

"Not a single one of us would choose the heartache that grief brings, but surrounding yourself with a family of people who "get it" on so many different levels has been a blessing... that is what Camp Magic has given us... a family."

The Smith-Hooker Family