




# LifeConnect

**Suicide prevention and  
support after suicide**



If you've lost someone to suicide, you may be experiencing a wide range of thoughts and emotions that are difficult to manage and understand.

Talking to someone can help you understand your feelings and find ways to process your grief.

**LifeConnect** is a **free** government-funded service that provides support to family and others who have been bereaved by suicide.

Our experienced staff provide non-judgemental compassionate support in a safe and caring environment. Support is available face-to-face, over the phone or by video conferencing at a time and place that is best for you.

Call us on **1300 052 590** (M-F, 9 am to 5:30 pm) or email [lifecconnect@neaminational.org.au](mailto:lifecconnect@neaminational.org.au)

Visit our website for more information: [www.neaminational.org.au/LifeConnect](http://www.neaminational.org.au/LifeConnect)

If you need immediate help, please call: **Lifeline** 13 11 14 • **MensLine Australia** 1300 78 99 78 • **Kids Helpline** 1800 55 1800



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