



LET'S TALK SUICIDE

HELPING GRIEVING KIDS GROW

Dear Parents,

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

We understand suicidal grief is unique as it presents additional challenges for surviving family members, especially kids. We understand that the emotions of guilt, shame and blame are amplified and have a program dedicated to supporting kids facing suicidal grief.

We understand that this is a lonely and frightening time for your whole family and we're truly sorry for your loss. 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.

Or for help right now, view our guides that 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

SUPPORTING CHILDREN FOLLOWING A SUICIDE

Let's Talk Suicide is our online suicidal grief program. This program focuses on the specific needs of kids grieving the death of a parent and/or sibling due to suicide, including the heightened emotions of guilt, shame and blame. It has been collaboratively designed with clinical psychologists and those with lived experience of suicidal grief.

We aim to empower your child with coping skills and tools to understand and manage their grief, which will build their resilience. Your child will also find different ways to share their grief story in a healthy way with other kids in the program, inviting them to talk more openly, reducing the pain they are experiencing.

WHO IS THIS PROGRAM FOR?

Kids, 7 to 17, who are grieving the death of a parent and/or sibling by suicide.

WHAT ARE THE PROGRAM DETAILS?

An online program run fortnightly, consisting of three 1.5 hr sessions (held on Sundays) over 2 weekends. It is facilitated by trained counsellors with lived experience, in groups of 6 to 8 children per session.

WHAT IS THE COMMITMENT FROM MY CHILD AND MY FAMILY?

There is no charge to families thanks to our generous supporters. However, we do have a few requirements of you to be make the most of our program, including:

- Your child must be aged between 7 and 17 years old
- As this is a specific program, your loved one will have died by suicide, with the death occurring more than six months ago.
- You and your child must consent to take part in the evaluation of the program – completing all surveys, interviews and forms in a timely manner, as requested prior to and after participating in the program.
- Once signed up to a program you will need to commit to attend all the sessions together with your child.

LET'S TALK SUICIDE HAS BEEN CREATED BY...



FEEL THE MAGIC IS AN AUSTRALIAN CHARITY PROVIDING GRIEF EDUCATION FOR KIDS, GRIEVING THE DEATH OF A PARENT OR SIBLING. WITH OUR 8 YEARS' EXPERIENCE, WE RECOGNISE THAT KIDS BEREAVED BY SUICIDE HAVE ADDITIONAL LAYERS TO THEIR GRIEF.

Let's Talk Suicide has been created as a collaboration to ensure that the program is an impactful and beneficial to your child as possible.

Our partners include the NSW Ministry of Health who support this program as part of their 'Towards Zero Suicides' initiative. Our Programs team (including our clinical psychologists) have also worked alongside The Suicide Prevention Collaborative and Roses in the Ocean bringing expertise and advice from those with lived experience of suicide to enhance the content of the program and the overall impact.

At Feel the Magic, we understand that the programs we deliver have a considerable effect on the kids we help. To ensure our programs are evidence-based, we are working with the University of Melbourne who have created a unique impact measurement model. This will determine the impact this program has and helps us to create the most effective programs to support grieving kids moving forward.

Feel the Magic aims to create a world where grieving kids and their families feel supported, empowered and can begin to move forward with their lives. To alleviate the pressure on families, participation in all our programs is provided at no charge.



READY TO TAKE THE NEXT STEP?

Step 1

Visit www.letstalksuicide.org.au and register your interest

Step 2

We will be in touch

Step 3

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

“ 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

IN COLLABORATION WITH

