

## The Fact Sheet Series Fact Sheet 1.

### What young people say

This fact sheet, is simply what it's title suggests, a collection of thoughts and comments from young people who have been bereaved by suicide, what it is not – is a clinically researched paper – suggesting how to support young people. It does however give rare insight into the thoughts, feelings and experiences of bereaved young people.

**Being there: having someone who understands suicide there in those early days.**

Feeling that someone cares ... they don't even have to say anything, just be there.

You don't always need words.

Having someone, other than family, to talk with.

**Peers: knowing that there are other young people like you, going through the things you're going through.**

Having a group like Head High. It's more social than seeing a counsellor, and they know what you're going through.

Having people in my age group to talk to. It's often easier than talking to someone over 40.

Hearing real stories from others. It helps you realise that this happens to other families and you can get through it.

**Understanding: everyone goes through this at a different pace and in a different way**

You don't get over it in a week or a month. It's really hard work and there's no schedule.

It can be ages before someone wants to talk.

A place where I was able to talk and express myself made the single biggest difference for me.

Going to the group did that. There was no pressure to talk.

**Information: having the information to understand feelings and issues as they arise**

Just knowing how everyone deals with suicide helps. It's different for each member of the family and you're all at different points. It was so useful.

**Empathy: talking with someone who understands what you've been through**

Counsellors who give you tools to work with. This counsellor gave me things to take away and do over time .... really positive and helpful.

Knowing that people are available 24/7.

Support from outside the family. Everyone has their own stuff to deal with and can't always be there for you in the way you need.

**Belonging: having connection to others and feeling like you're still part of the rest of the world**

Friends! Just having mates that you can have a regular conversation with.

Being able to talk about what happened with friends when I need to.

Feeling like normal people from a normal family. It's easy to feel like your family must be weird.

Family. Having family who care for you makes such a difference.