



Young people living beyond suicide

A program developed by young people for young people.

Head High offers care and support to young people who have lost a loved one, friend or work colleague through suicide. Up to 42% of youth suicides are completed by someone who has already been bereaved through suicide. Youth specific bereavement support groups aim to prevent this from happening.

Three young people initiated Head High in 2003 after losing a family member to suicide and discovering that there was no support specifically for young people who have been affected by suicide.

Support groups are run once a month, where young people can get together, share experiences and engage with others who are going through similar stuff, or just to have some fun.

What will it cost? ... it's Free!

How will it help? ... most young people who have experienced a loss through suicide need other young people to talk to ... it just makes sense to want to be with and talk with others around the same age ... there's a connection. Head High is an opportunity to do this in a fun and safe environment.

What happens at the groups? ... they're always run by trained facilitators ... and other young people going through similar issues... with similar challenges and needs ... there's no pressure ... it's a chance to get together just to talk for a while ... have some fun ... and forget for a while.

What else? ... Free Food! We usually put on a barbeque ... or something just as good.

How do I inquire about attending? ... just phone **SunnyKids** on **5479 0394** to register. If you want to know more, check out the website at www.headhigh.org.au or call us on the above number ... but don't leave it too long ... we'd love to help if we can.

Do you want to see a Head High group running in your region? ... we're planning to set up support groups in various locations in future ... so let us know where they're needed. Call or email us for more information, or if you'd like to discuss ideas and options.



Head High is an initiative of SunnyKids

This is not a Crisis Service

If you need urgent assistance please call

Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14



Community Benefit Fund
Queensland Government