

Losing someone through suicide is hard. But you're not alone.

Our Suicide Bereavement Group can help you with support, connections, and information following the loss of someone through suicide.

Please make contact with **Lifeline Tasmania** to ensure this is the right approach for you.

Phone **0491 445 552** or email support@lifelinetasmania.org.au

.....
A community initiative by Lifeline Tasmania and Albie House.
.....

