

Keeping Spirit Strong

Supporting Aboriginal and Torres Strait Islander families and Communities experiencing loss and grief

Keeping Spirit Strong resources provide an opportunity for schools to support Aboriginal and Torres Strait Islander students, families and communities experiencing loss and grief, including loss by suicide in community.

Connecting through culturally safe and respectful ways, and providing appropriate information offer opportunities to walk alongside families as they support young people through the grieving journey.

Reach out and yarn with your local emotional wellbeing supports provider.

Record your local services here:

e.g., Aboriginal and Torres Strait Islander Health Service

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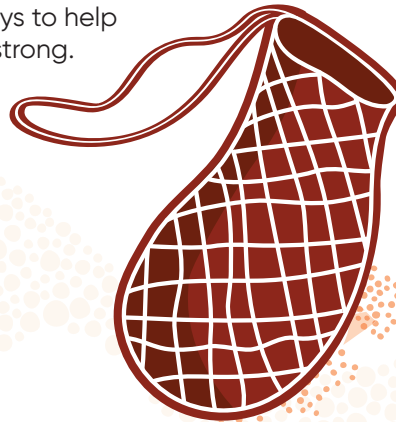
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Keeping Spirit STRONG

Supporting young people following loss

Check out other support resources and programs for more ways to help keep Spirit strong.



MacKillop Seasons
1300 379 569
mackillopseasons.org.au

Keeping Spirit STRONG


Support directory




Australia wide support services

24/7


13Yarn
Crisis support
13Yarn (13 92 76)
13yarn.org.au




Lifeline crisis support
Text and chat
131114
lifeline.org.au/crisis-chat




Thirrili Aboriginal Suicide Postvention Service
1800 805 801
thirrili.com.au




1800 RESPECT
Domestic and family violence support line
1800 737 732
1800respect.org.au



Yarning Safe'N'Strong Helpline
1800 959 563
emhprac.org.au/directory/yarning-safenstrong




Beyond Blue
(includes culturally specific resources)
1300 224 636
beyondblue.org.au



24/7


Brother to Brother
Crisis support line for Aboriginal men
1800 435 799




QLife
3pm - 12am
1800 184 527



headspace Family support
9am - 1am/7 days. Phone, email, chat, groups.
1800 650 890
headspace.org.au/services/family



headspace/Be You Support for schools following suicide loss. 9am - 5pm/ Mon - Fri
headspace.org.au/professionals-and-educators




Loss and grief wellbeing supports for Aboriginal and Torres Strait Islander families


Children and young people

24/7

Kids Helpline
Young people crisis support (5 - 25 years)
1800 55 1800
kidshelpline.com.au




eheadspace
(12 - 25 years) (9am - 1am)
1800 650 890
headspace.org.au/online-and-phone-support




State wide support services

AIMhi Stay Strong App - Menzies
menzies.edu.au




ACT

mindmap - ACT Youth
11am - 10pm/7 days
1800 862 111
mindmap.act.gov.au



Postvention Response Service - Thirrili
thirrili.com.au/postvention-response-service




NSW


Heal Our Way
coxinallridgeway.com.au/heal-our-way



NALAG
Grief Support - not crisis
nalag.org.au/contact



AH&MRC
Social and Emotional Wellbeing
ahmrc.org.au/resource-category/social-and-emotional-wellbeing/



NT

Mental Health NT
mentalhealthnt.com.au



QLD

My Mental Health QLD
mymentalhealth.org.au



State wide support services

SA

Aboriginal Services Directory
Health services
aboriginalservicesdirectory.com.au




Culture Care Connect CCC
ahcsa.org.au



TAS

Karadi Aboriginal Corporation for Tasmania
karadi.org.au/programs




Tasmanian Aboriginal Health Service
tacinc.com.au/services/health




VIC

Link-Up Victoria
Stolen Generations network
1800 OUR MOB (1800 687 662)
linkupvictoria.org.au




Victorian Aboriginal Health Service
vahs.org.au/family-counselling-service



WA

AHCWA
Social and Emotional Wellbeing
ahcwa.org.au




Kimberley Aboriginal Medical Services
kams.org.au




Perth Aboriginal Services
Mental health services
healthywa.wa.gov.au



Strong Spirit Strong Mind Youth Project
strongspiritstrongmind.com.au



Yorgum Healing Services
yorgum.org.au



If you or someone you know is in distress or in immediate danger dial

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