Bereaved by Suicide.

A recent article in the MJA\(^1\) quantified the rate of suicide amongst health professionals and found that female health professionals and male nurses and midwives had suicide rates higher than those in other occupations.

Sadly, the suicide of relative, friend or colleague will affect most of us at some time in our lives and will no longer be a statistic one reads about in medical journals. In such times, we can be left with feelings of guilt and helplessness. The stigma surrounding suicide can make it harder to talk to someone who is bereaved.

If you have personally been affected by the loss of someone close there is always someone to talk to, 24 hours a day via the:

https://www.suicidecallbackservice.org.au

For guidance on how to support someone bereaved by suicide, please visit:

